

Welcome to our first newsletter of 2009

## Not got a whole bunch of people needing training?



Would you like to be able to get training for just one or more people that is:

1. Flexible for small numbers of your people?
2. Cost effective?
3. Tailored to your needs?
4. Providing an open course experience at a fraction of the cost?

**YouChoose** allows you to do exactly that.

This is how it works:

When you have a training requirement come to us with:

- The learning requirement
- The number of people
- 3 potential dates convenient to you. please see below

We will then find other participants from our large database of clients, who need the same training, in the same timeframe.

If you can supply the venue – you get at least one person trained for free!

So if one participating company can supply the venue, your training will cost you between

**£0.00 - £150 a day per person**



## Update from Jane on 3 new StepChange initiatives

I realise that it is now nearly may and this is the first newsletter this year, but am very pleased to say that we have just launched 3 new offerings for 2009, and I wanted to wait for them to be ready before I wrote to you all. First we have a new website – do visit [www.stepchangetraining.com](http://www.stepchangetraining.com) and let us know what you think

Secondly we are launching **YouChoose**, an innovative way of helping you to provide training for one or more people that is flexible for small numbers of your people, cost effective, tailored to your needs and provides an open course experience at a fraction of the cost. You get at least one FREE place if you can provide the venue...

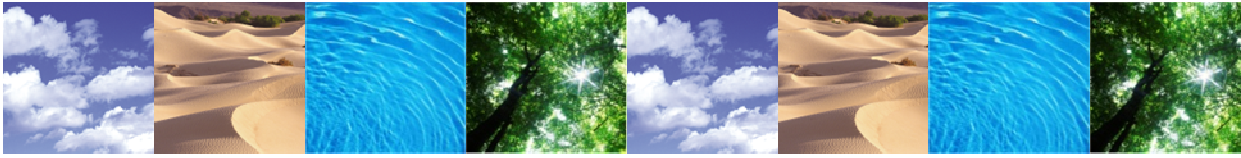
*To find out how **YouChoose** will help you please see left column.*

And finally, and perhaps most exciting we are launching **MovingOn. This is an NLP based programme** for today's economic climate where, in which the messages we are hearing are relentlessly glum. With terms like "recession" and "depression" becoming staples of every news bulletin, people are increasingly looking for ways to stay positive, enhance their market potential and plan a positive future for themselves. If you know of anyone who would benefit from the programme ( read more below), we are running a Pilot in June and need willing participants. Please contact me to find out more .

*To find out how **MovingOn** will help you or your staff please see below...*

Very best wishes

Jane



## ***Moving On?***

Is it time to change the messages we seem to be hearing with every news bulletin? Losing and changing jobs is becoming an increasingly serious issue. and people are increasingly looking for ways to stay positive, enhance their market potential and plan a positive future for themselves.

**Our approach to moving on covers the following 6 areas:**

**Support** - Develop support networks that work for you

**Positive perspective** - Develop a positive mindset/perspective on your world

**Know yourself** - Determine your own strengths

**Goal setting and Planning** - Explore your options, define your goals & plan your future

**Selling yourself** - Build your confidence, look at others' perceptions of you

**Skills and tools** - Develop the tools you need to move on to a better future

## ***Moving On***

***...facing up to change***



Do you find yourself having to face up to major changes in your life or career? Have you had or chosen to take a different path? This workshop has been designed to help anyone who finds themselves making significant changes in their lives and careers. This 2 day workshop will give you the opportunity to:

- Work with others in similar situations to yourself
- Determine your own strengths
- Explore your options and define your goals
- Plan your future
- Build your confidence
- Develop a positive mindset/perspective on your world
- Develop the tools you need to move on to a better future

Research has proven that positive thinking and planning have a huge impact on the success of individuals in challenging situations.

Topics:

- Stories of success – motivating yourself
- Exploring your personal strengths – using SDI (Strength Deployment Indicator)
- Positive thinking – ‘re-framing’
- Developing the language of success
- Options and reality
- Setting goals, planning and managing your future
- Building your confidence
- Selling yourself
- Interview skills

### ***If you are an employer...***

5 good reasons to give support if you have had to lose any of your people

- Demonstrate that you genuinely value people
- Reduce stress
- Maintain good relationships with all your staff
- Improve remaining employees' morale
- Demonstrate an investment in people with tax advantages for your organisation

Please contact Jane Hooper on 01962 774077 or on [jane.hooper@stepchangetraining.com](mailto:jane.hooper@stepchangetraining.com) for details of dates and costs