

# Trust and Motivation

## Online Training

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Gaining people's trust in a business relationship is essential to get their best work. In this training you'll learn how to connect with people, instil trust and motivate them both inside and outside your organisation.

### Learning Objectives

By the end of the session, the delegates will be able to:

- gain trust with a great first impression
- connect with people and motivate them
- improvise for spontaneity and humour

### Formats

#### Groups

£720, 4 people, 1.5 hours.

Required: online connection via PC/laptop: Microsoft Teams, Zoom, Skype or Google Hangouts.

Each attendee should bring their preferred note-taking medium.

#### 1:1

£120 per 1-hour session. Content and schedule are tailored to each client.

Required: online connection via PC/laptop: Microsoft Teams, Zoom, Skype or Google Hangouts.

The client should bring their preferred note-taking medium.



### Group Schedule

1. Introduction: format and objectives for the day.
2. Creating a great first impression, including use of body language.
3. Connecting with people and motivating them: empathy and values.
4. Using the surroundings to your advantage.
5. Improvising for spontaneity and humour.
6. Consider what to ask me for maximum engagement.
7. Practical, round 1: introduce yourself and ask me to do something.
8. Discussion.
9. Practical, round 2: brief me on a task and answer my questions.
10. Discussion.
11. Conclusion: key points learnt from the day are discussed and reinforced.