

LEADING SELF



**EMPOWERING
CONFIDENCE,
COMMUNICATION &
PRESSURE MANAGEMENT**

ARE YOU PREPARED TO BOOST YOUR CONFIDENCE, IMPROVE YOUR
COMMUNICATION, AND EXCEL UNDER PRESSURE?



SHAPING MINDS, SPARKING IMPACT

Course Overview

Join us for a transformative 3-day program designed to empower professionals with essential skills in confidence building, effective communication, and pressure management. This immersive program offers practical strategies and insights to navigate workplace challenges and accelerate personal growth.

3-DAYS

TARGET AUDIENCE

1. Mid to Senior-Level Professionals
2. Team Leaders and Managers
3. Individuals seeking to enhance leadership skills
4. Professionals looking to boost their abilities
5. Anyone aiming to excel

Learning Outcomes

1. Create building blocks to build and maintain confidence in various professional settings
2. Enhance your ability to convey ideas clearly and listen actively.
3. Develop techniques to thrive under stress and manage high-pressure situations effectively.

Additional Value



- Pre-training engagement
- Post-training engagement
- Certificate from a Certified Licensed Proctor Gallagher Consultant
- WhatsApp Group Support



What will Participants GAIN?



- » **Delivered by a Certified Licensed Proctor Gallagher Consultant Consultant**
- » **Industry Benchmarked Tools and Resources**
- » **The Science of Achievement**

BENEFITS vs LOSS*

BENEFITS Participating

- **Business Alignment**
- **Predictable** Delivery
- **Engaged** Stakeholders
- **High-Performing** Teams
- **Improved** Productivity
- **Enhanced** Quality
- **Increased** Outcome Visibility
- **Improved** Adaptability
- **Reduced** Risks
- **Satisfied** Customers



LEADING FRONTIER

LEADING ORGANISATION

LEADING OTHERS

LEADING SELF

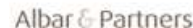
LOSS NOT Participating

- **Change Management Challenges**
- **Difficulty** Managing Expectations
- **Escalated** Costs due to Rework and Delays
- **Inability** to Navigate Uncertain Circumstances
- **Lack** of Clear Goals and Priorities
- **Limited** Collaboration
- **Suboptimal/Negative** Outcomes
- **Decreased** Morale and Performance
- **Poor** Communication

* Scientifically Proven Mindset & Team Compound System based on 75 years of Research

QUANTUM LEAPERS

Partnerships, Collaborations & Clients



Testimonials

This program was transformative! It helped me build confidence, communicate effectively, and handle pressure in high-stakes tech meetings. The skills I learned here have been instrumental in my career growth.

Marketing Director, Tech Industry



As a healthcare manager, communication is crucial. This program not only improved my communication skills but also equipped me to manage pressure during critical moments in patient care. Highly recommended!

Healthcare Manager, Medical Sector



Running a startup can be incredibly stressful. This intensive program gave me the tools to handle pressure, communicate with clarity, and boost my confidence as an entrepreneur. It's been a game-changer for my business.

Entrepreneur, Business Owner.



Outline

Session	Description
Your Invisible Superpower	Building Confidence for Success
The Art of Communication	Speak, Listen, Connect
Pressure as Your Ally	Thriving in Stress

QUANTUM LEAPERS



WE SPECIALISE IN ...

- » MINDSET TRANSFORMATION
- » TEAM EMPOWERMENT
- » LEADERSHIP SOLUTIONS
- » CHANGE MANAGEMENT



Proctor Gallagher
INSTITUTE

QUANTUM LEAPERS SERIES

- » [3-DAY] WINNING PERSONA: PERSONAL BRANDING PROGRAM *
- » [3-DAY] SALES NINJA: SALES MASTERY PROGRAM *
- » [2-DAY] LEADERSHIP IN MOTION: LEADERSHIP ROADMAP PROGRAM *
- » [2-DAY] DRIVING CHANGE: CHANGE MAKER'S GUIDE *
- » [12-WEEK] THINKING INTO RESULTS: CORPORATE SUCCESS SYSTEM: *
- » [12-WEEK] THINKING INTO RESULTS: PERSONAL GROWTH MASTERY: *



PROCTOR GALLAGHER
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>30 clients served >100 engagements completed >500 participants >20 coaching sessions >15 live events >10 speaking engagements >5 mentoring engagements

Training • Consulting • Coaching • Mentoring • Speaking Engagements • Community Events

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