



# Personal Development Training

In-Company Training (2 Days)

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Awareness & Confidence

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Tailored Workshop

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in-company for  
teams



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# About This Course

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## Personal Development Workshop

Personal Development is about creating self-awareness and strengthening your communication skills to have a positive impact on how you interact with others.

Increased self-confidence is a natural by-product of self-awareness and improving how you communicate.

This course is designed to help build your confidence and enhance your potential, both personally and professionally.



## A Tailored, In-Company Format

This course is only available for in-company training. With an in-house style, we come to your location or deliver a live virtual programme exclusively to your team.

# Delivery Style

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We run this Personal Development Course for in-company (often called “in-house” or “on-site”) training.

This means that we deliver training exclusively to your team on a date you choose.

There are many benefits to choosing an in-company style of delivery.

## How In-Company Training Works

When you get in touch with us about in-company training - either by phone or by requesting a quotation using the button on this page - our expert training consultants will work with you to find the best training solution for your needs.

We will create a programme that addresses the issues and goals at the top of your list, and choose a training delivery method and dates that suits you best.



## Why In-Company?

- ✔ **Tailored for Your Team** - While still adhering to the course syllabus, we can take your business and any challenges you are facing into account when delivering the course. We will make the training delivery relevant to your team.
- ✔ **You Choose the Delivery Style** - We can deliver this training as an in-person, classroom style course (where we come to your location), or by live, virtual classroom training (learn more on the next page).
- ✔ **Flexibility** - In-company training gives you the ability to schedule training at a time that works best for your schedule. It removes the inconvenience of having to take someone out of their role for training at a busy time.

[Get a Quote](#)

# Delivery Style: Live Virtual Training

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Virtual training enables participants to connect to live, trainer-led sessions from wherever they are located.

It's easy to connect and they will gain the benefits of a classroom style of training while enjoying the convenience of learning at home.

## How Virtual Training Works

In advance of training, we will send each participant the information and link they need to join the training.

To connect with our live training, participants will need a steady internet connection and a device with a web-camera, speakers, and microphone. Most home internet connections work perfectly for live virtual training. These days, almost all smartphones, computers, and tablets have built-in web cameras, speakers, and microphones.

Our training consultants will make sure everyone has guidelines on how to get connected. It's an easy, user-friendly process.



## Why Virtual?

- ✓ **Learn from Home** - This is an ideal solution for teams that work remotely. They can connect with real-time training sessions from wherever They are currently based.
- ✓ **Delivered by Experts** - By choosing our live virtual training, your team will learn from subject matter experts. They will also benefit from the ability to ask questions and gain advice from our trainers.
- ✓ **Group Training** - This style of training enables participants to interact virtually with their team. Via our online platform, they will be able to take part in group discussions and exercises without leaving home.
- ✓ **Focused Learning Environment** - One of the key advantages of an in-person classroom style training is the focused learning environment. Live, trainer-led virtual training also provides this high-impact format.

[Ask a Question](#)

[Get a Quote](#)

# What Are The Benefits?

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## ✓ Strong Communication Skills

We focus on enhancing your communication skills throughout this workshop. Discover how to communicate with clarity, listen effectively and ask questions that get the answers you need.

## ✓ Self-Awareness

Creating a sense of self-awareness is the first step of any personal development workshop. Learn about what motivates you, what your needs are and any limiting beliefs you may have.

## ✓ Ability to Handle Difficult Situations

The skills you acquire during this workshop will help you to cope with challenging situations in a proactive, constructive manner.

## ✓ Self-Confidence

Increased self-confidence is a natural by-product of self-awareness and improving how you communicate.

## ✓ Techniques for Everyday Life

The skills you learn during this workshop can be applied immediately to everyday business and personal situations.



**Learn More**

**Ask a Question**

# Course Content

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## ① Self-Evaluation

- What are your needs?
- What motivates you?
- Overcoming limiting beliefs

## ② Communication Skills

- Principles of efficient communication
- Making your point clearly
- Effective listening skills
- Asking powerful questions

## ③ Assertiveness

- Understanding the difference between assertive and aggressive
- Using assertiveness in a positive way
- Saying “no” when necessary

## ④ Handling Challenging Situations

- Dealing with anger and criticism calmly
- Project a professional image of self-confidence
- Take charge without intimidating others
- How to diffuse stressful situations



### Tailored for Your Needs

This is an example of our standard Personal Development workshop content.

When we deliver this course as an in-company training programme, we will discuss your challenges and priorities in advance of the training.

[Get a Quote](#)

## 3 Ways to Get Started

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### Talk to Us

You can reach us by phone on Freephone 1800 910 810, or 01 861 0700 (mon - thurs, 9.00am - 5.30pm, fri, 9.00am - 5.00pm).

We will be happy to answer any questions you have and advise on the best option for your team's personal development training.

**Freephone 1800 910 810**



### Get a Tailored Quotation

Click the button below to request a tailored quotation for your team's personal development training

We will be in touch with a detailed quotation fitting your requirements.

**Get a Quote**



### Ask A Question Online

If you would prefer to contact us online, request a phonecall, or to get in touch outside of office hours, using the "Ask a Question" button below is the best option.

We will respond with the information you need.

**Ask a Question**



# About Us

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## Professional Development - 34 Years of Innovation and Excellence

We believe that the key to a thriving and rewarding career is continuous professional development.

For over 34 years, Professional Development has led the way in providing practical, innovative courses leading to relevant and respected certifications.

We specialise in delivering training for core business skills including project management, agile, scrum, lean six sigma, management, communications, sales, it service management, and training design and delivery skills.

Our courses are designed to expand your skills, & enhance your career potential

## Stay Connected

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### Our Courses

Our courses are a balanced blend of both theoretical learning and practical application. This focused learning environment optimises the impact of training.



### Our Team

Our trainers are chosen for their engaging manner and expertise in a chosen field. They bring a wealth of experience to each programme they deliver.



### Our Clients

We provide training for Ireland's leading brands, working with companies of all sizes in every industry. We also provide training for non-corporate organisations.



### Our Certifications

In many sectors, international certification is now essential. We provide many options for globally recognised certification in each subject area.

# Contact Us

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**Contact Us**

