

National Training Day with David Holland

On Friday 29th November 2019

At the MindForest Lounge

(11, rue Ste-Zithe, L-2763 Luxembourg)

Dear Members, dear Friends,

The committee of IMA Luxembourg has the pleasure of inviting you to this year's National Training Day organized in collaboration with Results Rules OK on Friday 29th November at the MindForest Lounge Luxembourg.

The training day will be divided into two parts: "**Personal Development + Influence & Persuasion**".

1. **The Future is Now** – Personal and Professional Development

- a. Beliefs and attitudes around achievement and success – conditioning, limiting beliefs and mindset.
- b. Fear and Change – risk taking and overcoming the inertia to do things different.
- c. Vision and Goal setting – defining the future before it happens.
- d. Law of Precession and Attraction – how our Reticular Activating System guides us.
- e. Personal and Professional Activity planning – in order to deliver the future vision.

2. **Influence & Persuasion** – Negotiating for success

- a. Principles of Influence, Leadership and Persuasion – introduction to NLP.
- b. Personality Profiles – we usually use DiSC as an example – emotional intelligence and transactional analysis.
- c. Communication styles – visual, auditory, kinaesthetic etc.
- d. Activity – team-based negotiation exercise
- e. Debrief and action planning.

Agenda:

08:45: Registration and welcome coffee

09:00: Start of the morning session

12:00 – 13:00 Lunch break

13:00 – 17:30 Afternoon session

The workshop will be held in English.

Training fees: Members: EUR 125.00 / Non-members: EUR 175.00

There is on street parking close by.

Please register and pay by Monday 25th November by contacting Marie Ingvarsdóttir:

pro@lu.ima-network.org

Note that the registration fee will not be reimbursed if cancellation occurs after this date

The committee of IMA Luxembourg is looking forward to welcoming many of you to this interesting training day. See you soon!

Best regards,

The IMA Luxembourg committee

Jane Barton (Chairman), Marie Helga Ingvarsdóttir (Public Relations Officer), Annick Druart (Treasurer) and Catherine Johannsson (Sponsor Liaison Officer)

BANK DETAILS

IMA Luxembourg asbl
BGL: LU95 0030 8929 0756 0000
BIC: BGLULL

COMMUNICATION

"National Training Day 2019" + full name