

Put your Business Development in Safe Hands

Let us guide you on your journey as a woman in business to give you techniques and strategies to develop your business and career

- **Increasing your Confidence**
- **Reducing Anxiety**
- **Creating Work/Life Balance**
- **Solving Time Management Issues**
- **Organisation and Delegation**
- **Improving Communication Skills**
- **Building Rapport**
- **Growing your Self-Esteem**
- **Preventing Self Sabotage**

Helping to nurture your business, bringing you more productivity and sales

BOOK YOUR SEMINAR PLACE TODAY
www.tbctraining.co.uk



Women in Business

Solving the everyday challenges faced by Women in Business



TBC have taken the most powerful and successful techniques of NLP and adapted them to fit the education and corporate environment.



Call us on: **01363 775935**
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Discover Techniques and Strategies to Develop your Business and Career

Being a Woman in Business can provide a range of challenges, such as:

A lack of confidence or self-esteem in situations like networking, returning to work or starting in a new role. This sometimes includes 'Imposter Syndrome', which is a feeling that you are not up to the job, which in turn causes anxiety issues.

Time management issues for busy women, possibly juggling business and family commitments who want to maintain a healthy work/life balance. This can be addressed by improving organisational and delegation skills.

Lack of efficient communication skills can leave you struggling to build rapport when you don't understand other peoples preferred language patterns.

Failure to negotiate effectively reduces your capacity to get the job done or the make the sale efficiently.



Challenges we can help you with;

- Starting your own business
- Improving your communication skills
- Creating winning sales techniques
- Assertiveness and confidence
- An easier more balanced lifestyle
- Anxiety issues

Work/Life Balance

At TBC Training we specialise in solving problems, showing how to overcome the challenges you face giving practical techniques and solutions to make life easier.

Let us show how to improve your communication and rapport building skills enabling you to build teams and new business sales. Hear how to develop your organisational and delegation skills effectively, allowing you to cope with all the commitments a busy life throws at you and maintain a happy, balanced lifestyle.

With these skills you will find your self-confidence and self-esteem will improve.

Join us at one of our seminars in our bespoke training room in Devon.

You can be part of a small focused group learning to develop yourself and your business skills.

What our Customers say;

"A fantastic day, truly empowering and interesting. It has given me a better understanding of others and myself. I would recommend to all women in business. Really enjoyed the friendliness, calmness and positive attitudes and the lunch!"

Hannah Twine. Tutor, North Devon

"Attended the Women in Business course. It was an amazing day hosted in a lovely venue. Teresa delivered the course in a way that was fun, informative, knowledgeable and inspiring. Lunch was provided and it was beautiful home cooked meal. I would recommend this course to any Women in Business, wanting to learn some NLP techniques to help you with your confidence and communication skills."

Pauline. Dragonz Designs Exeter

We want you to come and have a fun relaxed day with us at our friendly training centre whilst you are learning brilliant people skills. Book your place today to avoid disappointment as this is a very popular course and we only take a maximum of eight delegates to ensure personal attention.

- Free secure on-site car parking
- All course materials provided including a FREE copy of 'Effective People Skills' to take home
- Home cooked lunch
- Ongoing support should you require it
- A certificate of attendance for your CPD (continued professional development)