

Paul Dowding Training

Online **Soft Skills** courses 2020

Paul Dowding Training Ltd delivers all of the following courses online in response to the Covid 19 emergency. The courses are 90 mins, 2hr, 3hr or 4hr in duration (we can also deliver the courses as full day workshops online).

Paul Dowding Training online courses are designed to meet the needs of our clients and can include discussions, questionnaires, assignments, break-out discussions, evaluations, self assessments and practical action planning. All courses are live and include interaction with the trainer live.

Courses can be offered as a stand-alone course or combined with others into a modular training programme.

Online course titles

Courses for Team Members

Covid 19 related:

- Accountability and responsibility
- Managing change
- Personal resilience
- Personal effectiveness and time management

Soft Skills

- Assertiveness at work
- Being exceptional at my job
- Commercial awareness
- Creating impactful presentations
- Creating impact with sales stories
- Creative problem solving
- Dealing with conflict
- Emotional Intelligence
- Exceptional communication
- Giving constructive feedback
- Great work relationships
- Internal communications design
- Innovation and creativity
- Negotiation skills
- Networking and influencing
- Presentation skills (basic)
- Presentation Skills (advanced)
- Stakeholder management

Bespoke courses

If you don't see the exact course you are looking for in the directory above then Paul Dowding Training will be very pleased to create the course(s) you need and deliver them to your learners online.

Online course prices

Skills Builder Workshop

2hr Course

From
£290.00 ~~£480.00~~
(excl UK VAT)

Interaction one to one with trainer
Practical skills exercises
Detailed strategies
Highly focussed learning

Suggested max 9 participants

In-depth Workshop

3hr Course

From
£325.00 ~~£590.00~~
(excl UK VAT)

Higher levels of one to one
interaction with trainer
Full range of skills and techniques
More strategies and approaches

Suggested max 10 participants

In-depth Workshop

4hr Course

From
£390.00 ~~£650.00~~
(excl UK VAT)

In-depth coverage of techniques
and strategies
Practical skills tried out in break-
outs and exercises

Suggested max 10 participants

Discounts:

- More than 3 workshops booked: **10% discount**
- More than 6 workshops booked: **20% discount**

Enhancements:

- Electronic self learning materials (Post workshop) POR
- Pre and post course assignments POR
- Questionnaire assessments (post workshop) POR
- Evaluations (post workshop) POR

Logistics:

- Delivered via video conferencing, Zoom or Teams platforms

Thank you for your interest in Paul Dowding Training Ltd. You can find out more about our services by visiting our website **www.dowding.co.uk**

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