

WORKPLACE TRAINING

LEADERSHIP WORKSHOPS

- Soft is the New Hard: How to communicate effectively under pressure
- Follow the Leader: How to lead so others follow
- Performance Reviews: How to address the elephant and set future goals
- When it Hits the Fan: Crisis communications

COMMUNICATION WORKSHOPS

- Effective Communication: Developing assertiveness
- Don't Shoot the Messenger: How to have difficult conversations
- Feedback is Not a Dirty Word: Giving and receiving feedback
- Attention Please: How to deliver engaging presentations (public speaking)
- Networking: How to build relationships of influence
- Stop, Collaborate and Listen
- Effective Engagement
- Interview Skills: Land that job

SELF-MANAGEMENT WORKSHOPS

- Personal Effectiveness: How to get the most out of what you've got
- Calm the Farm: Self-management at times of stress
- Remove the Roadblocks
- Shut the Hell Up: How to control that little voice (self-doubt)
- The Happiness Choice

ABOUT LEAH

Leah Mether helps people get out of their own way with the development of soft skills (which are really hard).

She is a speaker, trainer, facilitator and author known for her direct, enthusiastic and relatable style.

Leah equips leaders and employees across Australia with practical tools to help them improve their communication, mindset and self-management.

"Any company that wants to change its culture should put their people through Leah's course."

**- Anthony Faltum,
Gippsland Water**

"Leah delivers her content in an engaging, passionate and energetic way - there is no way you can glaze over in one of her workshops!"

**- Courtney Baker,
Filluske**

"Effective Communication with Leah Mether is a 'must do' for all front-line leaders."

**- Kris Johnson,
AGL Loy Yang**



- Content tailored to suit.
- Packages available on request.
- All training is delivered by Leah Mether.
- Keynote speech and emcee services available.

