

Elisabetta Franzoso (BA; MSocSc; Dipl.Psych.)
Principal Trainer & Coach



Elisabetta is a dynamic Corporate Trainer, Personal Coach and a motivational Public Speaker with a background in Education, Psychology, Counseling, Emotional Management, Fitness, Movement and Music Therapy. She is an expert in inspiring others to build their Communication in 4Dimensions™ and become effective individuals and leaders in life and in business.

She was trained in the U.S. by well-known and successful coaches and teachers, Anthony Robbins, Debbie Ford and Gabrielle Roth. In Italy, she qualified as a teacher of the Hoffman Quadrinity Process in 2002.

During her 12 years spent in Asia, Elisabetta's interest in human development has led her to seek a variety of credentials in Health, Nutrition Fitness, Image Consultancy, NLP techniques, Yoga and Positive Psychology.

Elisabetta's real passion is to motivate individuals, leaders and executives in discovering their creative and emotional potential, enhancing their communication skills and personal confidence, while nurturing their effectiveness from the inside out.

In 2004, Elisabetta designed the Communication in 4Dimensions™ Series, a body of innovative, highly motivating public and corporate training programs which she delivers with her team of associates in Singapore and Asia. They are a winning formula for people's transformation and self-empowerment in the area of presentations, personal effectiveness and leadership within the working environment and in life.

Her sense of humor accompanied by her indisputable honesty and passion to support greater connection, joy and positive attitude in life and at work, provide an appealing combination that makes Elisabetta a unique trainer, passionate coach, inspirational author and speaker indeed 'true to her heart'.

Elisabetta is the author of Stella's Mum Gets Her Groove Back, her true story of transformation from the inside out.

“When you build awareness in the 4 dimensions of human communication, you can achieve outstanding life results, boost peak performance attitude and unleash personal power from the inside out.”

~ Elisabetta Franzoso ~

WHAT PEOPLE SAY

Think, Speak, Act and Listen – The Power of Positive Communication is one of the rare courses in communication able, if you put your heart and soul into it, to truly change your life!

Hong Hoo Goh

– Teacher – Nanyang Polytechnic, 2007

If I had the opportunity I would come back again to attend Communication in 4 Dimensions – The Art of Presenting and Communicating. I strongly recommend it to anyone who is looking for a great course in communication.

Garret Tan

– IT Consultant, 2006

Your fantastic delivery of Communication in 4 Dimensions™ – has been an eye –exciting and valuable learning experience

Angeline Leong

– Regional Manager – Lend Lease Foundation, Singapore, 2005

Elisabetta is truly passionate about building awareness in communication. She imparts such simple techniques, easily applicable, relevant and they are time tested and proven strategies that bring equilibrium and transformation to oneself.

Vasugi Shanmugam

– Human Resources Manager – Zuellig Pharma Pte Ltd Singapore, 2005

I feel revitalized and re-energized. Elisabetta's knowledge of human communication, are truly inspirational and contagious. I heartedly recommend her series of workshops and her coaching sessions

Terry Pittman

– Oil Industry Manager, Singapore, 2004

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Communication

in 4Dimensions™

Empowering Individuals and Organizations to Communicate Effectively from the Inside Out



CORPORATE TRAINING •
COACHING SERVICES • PUBLIC SPEAKING

- Are you satisfied about the way you communicate with yourself and others?
- Do you know that communication is the real foundation for personal and professional effectiveness and true leadership?
- Would you like to enhance your self-confidence from the inside out when you communicate or deliver presentations?
- Are you aware of how your communication skills impact your work, relationships, life, business performance and leadership?

We empower individuals to activate and unleash their 'positive potential in communication'. In doing so they can develop personal and business effectiveness in 4 Dimensions and they can lead themselves and others from the inside out.



“Building change from the Inside, enhances the way ‘YOU’ lead your life Outside”

OUR APPROACH

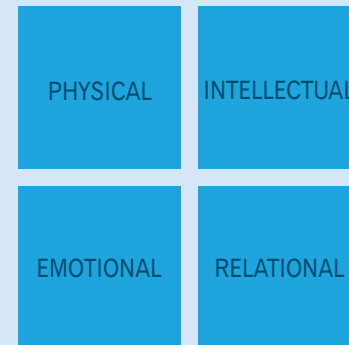
Our approach to enhance communication skills and therefore build effectiveness in individuals, employees and leaders is based on 5 basic steps:

- Awareness
- Responsibility
- Action
- Focus
- Discipline

It is a journey that starts from the inside and ensures effective, long lasting results that reflect outside.

OUR TECHNOLOGY

Using the 5 basic steps of awareness, responsibility, action, focus, discipline we explore what we believe to be the 4 dimensions of human communication:



The result is represented by individuals, managers and leaders who can be more focused inside and who 'respond' rather than react to situations and events. They become positively effective from the inside out. Performance, productivity, leadership skills are significantly enhanced.

Our programs are highly interactive, packed with experiential physical, intellectual, emotional and relational activities. They are addressed to those Individuals and Professionals looking for an 'edge' in the field of Corporate Training and Personal or Executive Coaching.

Communication in 4Dimensions™ Series

BENEFITS

- Boosts physical energy
- Encourages creative and positive thinking
- Develops emotional intelligence
- Enhances relationships in life and at work

Individuals become:

- Personally and professionally effective in communication from the inside out
- Aware and in focus in life, at work and in communication with others or in teamwork
- Balanced in their 4 dimensions

Organizations experience:

- Improved business performance
- Higher levels of energy and health
- A dynamic workplace where individuals have gained positive skills in communication
- Enhanced Leadership and Teamwork skills in their workforce

OUR SERVICES

Our team of Trainers and Coaches specializes in delivering innovative, highly motivating and successful:

- Corporate Training
- Personal & Executive Coaching
- Public Talks
- Management Retreats
- Psychological Counselling

Our communication and presentations skills training workshops are integrated into leadership development programs as well.

OUR CLIENTS

Our Communication in 4Dimensions™ programs and coaching services can be tailor-made according to our clients' requests.

All our services are designed and planned to meet the needs of Organizations and Individuals

committed to transformation and self-empowerment from the inside out:

- CEOs and Managing Directors
- Leaders and Teams
- Entrepreneurs and Professionals
- Corporate Executives
- Individuals looking for Personal Transformation

OUR TEAM

We believe that teamwork create excellence in the area of transformation and self-empowerment: it allows reaching new heights and results in life and in business.

If communication is the basic element for a successful life and business then it is important to target all the 4 dimensions involved in human communication.



For this reason we have carefully selected a team of highly qualified Trainers, Coaches and Counselors who work with us independently or as associates. They are all Professionals in the field of Communication, Image, Relationships and Conflict

Resolutions, Peak Performance, Nutrition, Health and Human Behavior & Counseling.