

COMMUNICATION IN 4 DIMENSIONS™

Elisabetta Franzoso

April 19 – 21 / August 18 – 20, 2010

PERSUASION

PRESENTATION

PHYSICAL
EMOTIONAL
INTELLECTUAL
RELATIONAL



Members of The SIM Group

■ INTRODUCTION

Never like in today's business and working environment, has it become relevant to communicate clearly and present sincerely your ideas in order to be a successful communicator, leader or public speaker.

When speaking to a large or small audience, or even one-to-one, you might feel intimidated or even stressed out. You might be unaware that your physical dimension is intertwined with your emotional and intellectual dimensions and that together, they all communicate your inner thoughts and ideas to the world outside in any moment of your day, at work, in business, and in family as well.

Because of the 'training technology' applied, this programme is highly interactive and addressed to those individuals and professionals looking for an 'edge'.

■ BENEFITS TO YOU

- Understand the deep impact of your emotional and intellectual dimensions when you communicate or speak in public
- Be emotionally and intellectually 'in focus' when you communicate with others
- Communicate with confidence and impact, free of the anxiety and stress when speaking in front of your listeners
- Enhance your ability and skills to 'understand' and 'connect' with your audience
- Understand how to develop self-confidence and style from the inside out
- Apply the power of body language and body image
- Know how to maintain your mind positively and stay in focus for successful relationships and communication

- Learn innovative techniques to keep your body re-energised at work and in life

■ PROGRAMME OUTLINE

- **Overview**
 - The 4 dimensions (4D) model
 - The InsideOutYou™ approach to enhance your communication and presentations
- **The Dimension of Your Physical Communication**
 - Body language and communication style
 - Building confidence
 - Your well-being and health
- **The Dimension of Your Emotional Communication**
 - Being emotionally 'in focus'
 - Emotional intelligence/creativity
 - Understanding emotional anxiety and stress
- **The Dimension of Your Intellectual Communication**
 - Intellectual dimension versus emotional dimension
 - Understanding intellectual anxiety and stress
- **The Dimension of Your Relational Communication**
 - Being yourself: sincerity and authenticity
 - Role models and communication
 - Be the person you want to be when you communicate

■ WHO MUST ATTEND

Directors, leaders, HR professionals, sales and marketing professionals, lecturers, secretaries and entrepreneurs who want to communicate and present with impact and great confidence to their small or wide audiences.

PROGRAMME LEADER

Elisabetta Franzoso is a highly self-driven motivator for Communication and Self-Expression. She is an enthusiastic and charismatic trainer, speaker, coach and author. Her passion is to empower people to transform and communicate confidently from the inside out. She helps organisations build work-life balance through the power of Communication in 4 Dimensions™.

She has a background in psychology, emotional management and body movement awareness methodologies. An accomplished facilitator of the Hoffman Quadrinity Process, she was extensively trained in the USA by well-known and successful coaches, Anthony Robbins and Debbie Ford.

In the recent years, Ms Franzoso has designed *Communication in 4 D™* series, a body of training workshops / programmes which explore the several aspects of Communication which she delivers in Singapore and Asia. They are a testimonial of her deep passion to motivate individuals and executives to discover their creative and emotional potential, enhancing their communication skills, body language, self expression and self-confidence, while nurturing their personal and relational well-being from the inside-out.

During her 12 years spent in Asia, Ms Franzoso's interest in human development has led her to seek a variety of credentials in *Health, Nutrition, Fitness, NeuroLinguistic Programming Techniques, Yoga, Positive Psychology, Gestalt Theory, Bioenergetic Analysis and the Enneagram Personality Test*. Committed to her own wellbeing, she has started running in her late 30's and so far she completed 3 marathons; two in Singapore and one in New York. She continues to use fitness and physical exercise to motivate herself towards *awareness, responsibility, action, focus, and discipline*.

■ ADMINISTRATIVE INFORMATION

Dates	April 19 – 21 / August 18 – 20, 2010
Time	9.00 am – 5.00 pm
Fee	S\$1,391.00 (Inclusive of 7% GST) For foreign delegates, please refer to clause 2.
Venue*	Singapore Institute of Management Management House 41 Namly Avenue, Singapore 267616 * Unless otherwise advised
Closing Dates	April 5 / August 4, 2010
Enquiries	Tel : (65) 6248 9414 / 6246 6746 Fax : (65) 6467 4401 E-mail : exec@sim.edu.sg

1. Hotel Reservations (for foreign delegates)
Please contact us for assistance in hotel reservations.

2. Registration and Payment
A place will be reserved for you upon receipt of your registration by fax/e-mail. Please inform us in writing of any change in your registration with more than 10 working days* of notice before commencement of programme, after which 25% of course fee will be chargeable.

If no notification is received by commencement date, the full course fee will be charged.

For foreign delegates sponsored by their companies, GST is not applicable. If payment is made through a local company, GST will apply.

Payment must be made by the closing date stated. All cheques/bank drafts must be made payable to 'Singapore Institute of Management', crossed and marked 'A/C payee only' with the programme title(s) indicated on the back of the cheques. Mailing address can be found at the bottom of this brochure.

3. Refund of Fees

If notice of withdrawal is given in writing:

- 100% refund for written notification more than 10 working days* before commencement

- 75% refund for written notification within 10 working days* before commencement
- After commencement/No show – No refund.

4. Cancellation
SIM reserves the right to cancel the course due to unforeseen circumstances.

5. Changes to Programme
SIM reserves the right to change programme date, time, fees and speakers that can occur due to unforeseen circumstances. Every effort, however, will be made to inform participants of the change.

6. In-Company Training
Please contact our In-Company Training at 6248 9404 / 6248 9405 / 6248 9457 / 6248 9419 / 6248 9415 / 6248 9410 or ict@sim.edu.sg

7. Website
Visit our website at www.sim.edu.sg for more information on SIM programmes and services.

* Monday to Friday, excluding Saturday, Sunday & Public Holiday

■ REGISTRATION FORM

Participant's Details (compulsory information)

Name: _____
(As in identity card or passport. Please underline your surname)

Male Female

Nationality: Singaporean PR Others _____ (please specify)

NRIC No. _____ Job Title: _____

Tel: (Hp) _____ (O) _____

E-mail: _____ Fax: _____

Company: _____

Address: _____

Communication in 4 Dimensions™

Dates : April 19 – 21, 2010 August 18 – 20, 2010
 Fee : S\$ 1,300.00
 7% GST : S\$ 91.00
 Total : S\$ 1,391.00

For foreign delegates, please refer to clause 2 above.
 All published fees are for SIM members. A levy of up to 20% will be charged for non-members.
 Non-members are welcome to sign up for SIM membership to enjoy the discounted rate. To sign up, please visit www.sim.edu.sg/ms.html, e-mail membership@sim.edu.sg or call 6248 9489.

Contact Person's Details (if different from participant)

Name: Mr/Ms _____

Job Title: _____

Tel: (Hp) _____ (O) _____

E-mail: _____ Fax: _____

EPD – A B C D

Please fax or send registration form and cheque (by mail) to Ms Grace Tan (EPD), Singapore Institute of Management, Management House, 41 Namly Avenue, Singapore 267616
 Fax: (65) 6467 4401. We will acknowledge receipt of your registration by post, e-mail or phone. GST Registration No: MB-8200000-8