

help  yourself
ASSOCIATES



Corporate Training Brochure

[Help Yourself Associates](#) provides high quality coaching and corporate training that helps our clients to achieve their maximum business potential. As one of the fastest growing training providers in the UK, we believe in providing solutions based on leading edge techniques, supported by scientific facts and background, delivered professionally by our certified and accredited trainers.

Corporate programmes from [Help Yourself Associates](#) focus on meeting client requirements using a combination of global experience and proven, effective methods, many of which are also used by industry leaders including Harvard & the CIPD.



Help Yourself Associates provides its clients with tailored, best in class coaching, training and self-development solutions to help them achieve their maximum potential.

Our Training Solutions

All our training incorporates proven, leading edge techniques, reinforced by scientific neurological facts to help embed learning. This is delivered using case studies and exercises in an interactive, collegiate environment. Modules include:

- Programmes for Life Skills Improvement (e.g. Communication, Leadership, Stress Management, Goal Setting & Maximising Performance etc).
- Modules to support corporate goals e.g.
- Motivation during tough economic times.
- Customer service & client management skills.
- Negotiating & Influencing
- Challenging mind-sets and skill behaviours.
- Working across cultural and country boundaries.
- Harnessing competition for organisation good and performance improvement.
- Identifying and developing bespoke corporate modules based on your organisational needs and creating specific modules for your needs.

For our individual customers we offer:

- Courses based on overcoming challenges.
- Courses based on enhancing success.
- NLP courses & certification.

All our training courses are certified by The Association of Integrative Psychology, USA



Coaching

Our coaching services are provided by accredited business coaches. This service includes modules on:

- Advanced confidence-building techniques.
- Methods for achieving and maintaining full potential.
- Providing the extra motivation to allow executives to take the steps required to achieve promotion.
- Overcoming barriers to change and thinking more strategically around business and personal goals.

Self-Development

On our self-development programs we provide knowledge and understanding of the following subjects:

- Understanding the Body, brain & mind.
- Understanding the senses.
- Making your neurology work for you.
- Basic instincts.
- How to think and perform in business creatively.
- Getting the action habit.
- Turning adversity into victory.
- Succeeding and leading.

This programme provides executives with the tools they need to understand their own cognitive and learning styles and how to harness them most effectively.

Are you looking for powerfully - effective training that will enhance the skills of your people - and be delivered affordably within training budgets?

In today's tough business climate, you want staff training that's effective and cost-efficient and that establishes standards of excellence across your organisation. This is precisely what you can expect if you book high-impact corporate training with [Help Yourself Associates](#).

What makes our corporate training different?

The training offered is inspired by proven communication models that will dramatically enhance the contribution of your people to your organisation.

These models were born out of extensive research into how people behave in group and one-on-one situations. But, unlike many other providers, Help Yourself Associates creates training around the specific requirements of your organisation - at highly competitive prices.

This is ideal if you have a limited training budget, but are looking for the kind of powerful and targeted training that low-cost online training programs cannot effectively provide.

Upon completing a course, your people will receive certification from Help Yourself Associates which is globally recognised by the Association of Integrative Psychology, USA

As shown below, our multiple technique approach helps our clients achieve their maximum potential.



What do people say about our training?

“ Coaching and training-like true leadership-only works if one is left inspired. And Jillian is quite the inspiration. An open, kind, intelligent person with depth and a rich experience in life, she provides confidence, balance and reasoning that make her fully qualified for such roles. ”

SIMON WRAGG, DIRECTOR, TRADE FINANCE, RBS

“ Jillian is a very special individual with a unique gift of helping people. She listens and identifies with people and often senses what others are feeling. Her humility is astonishing and it makes all the difference. She builds trust and inspires you to reflect and come to your own conclusions on the path you need to take... If you want to succeed in life, you've got to have Jillian as a life coach or a trainer. She's just brilliant when it comes to people. ”

PRAMILA PATEL, SALES ORIGINATOR, RBS, UK

“ Jillian has all the attributes of an outstanding trainer. She's an extremely good listener and emanates genuine positivity. Over the years I have known Jillian she has always been helpful in guiding me. ”

BIMAL PRINJA, CASH MANAGEMENT, BANK OF AMERICA

“ Working with Jillian has totally transformed my life. Now I fully believe that I will achieve my goals and know which steps will make it happen. Jillian has made the difference. I would recommend her to anyone that wants to totally transform their life. Her professionalism, warmth, passion and dedication all shine through. Her commitment to helping me achieve my goals was unwavering. A truly remarkable woman. ”

KAREN KNOWD, AUTHOR & COACH

“ A superb trainer... who brings the techniques she teaches to life through the use of theory and practical examples. ”

TAHARA ANSARI, COMMUNICATIONS MANAGER, SANTANDER

Our development programs for the under privileged:

Help Yourself Associates is proud to tell you about its quest to be a responsible corporate citizen by investing part of its revenue each year in the support of underprivileged children, youngsters and the elderly without support in India.

We help with the running of a school, a skills centre, a shelter and a medical centre that use our support to help those less privileged amongst us to get a better chance to maximise their potential as well. Recently, some of our clients have decided to help part sponsor this scheme and others have invited us to organise fund raising in support of this scheme.

We are truly grateful for this support and consider ourselves fortunate to be in a position to help others in this small way. For more information or if you would like to get involved, please visit the charity page on our website.

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