

## **BUSINESS PEACEMAKER**

#### In Business and Life

Helping you achieve a healthy work-life balance

BERNADETTE WILLEMS LLB (HONS) FMCA 0161 956 8626 | 07740 438341 bmw@bernadettewillems.com



#### **BUSINESS PEACEMAKER**



#### NLP MASTER PRACTITIONER

WORKPLACE AND COMMERCIAL MEDIATOR

LITIGATION LAWYER



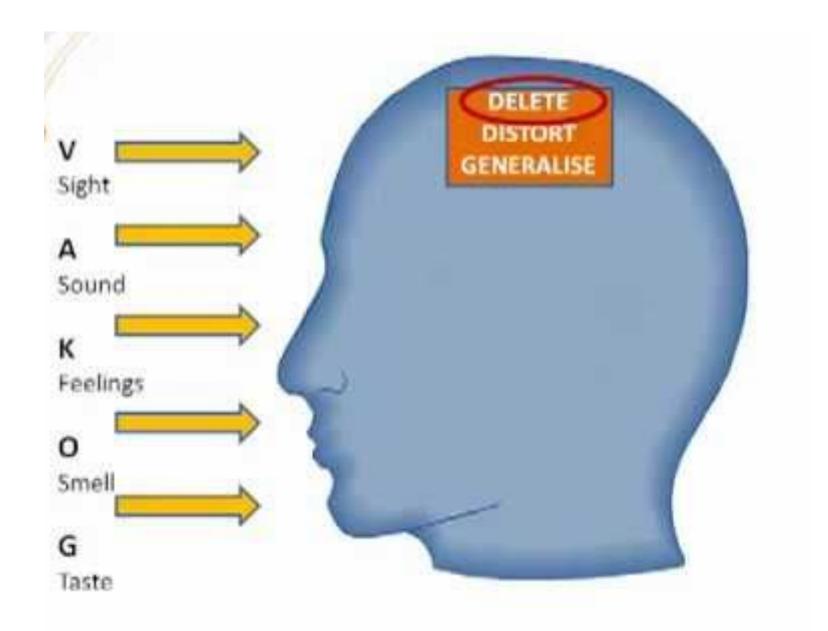
## THE ART OF COMMUNICATION

#### WHAT IS COMMUNICATION?

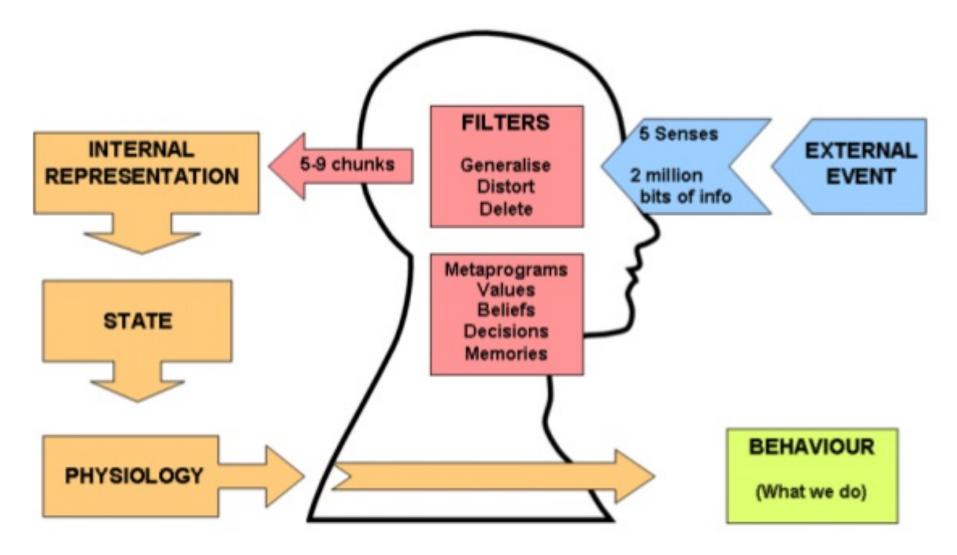


#### "THE IMPARTING OR EXCHANGE OF IMFORMATION, IDEAS, OR FEELINGS"

COLLINS DICTIONARY DEFINITION



#### THE NLP COMMUNICATION MODEL



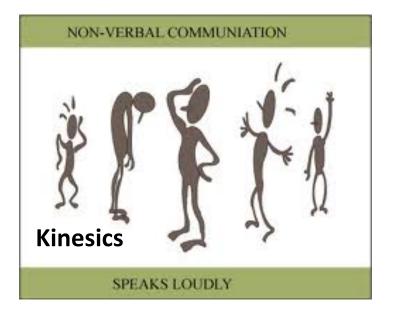
#### IMPORTANCE OF NON-VERBAL COMMUNCIATION

- Non verbal communication is powerful
- 65-95% of emotional meaning is carried via non verbal channels.

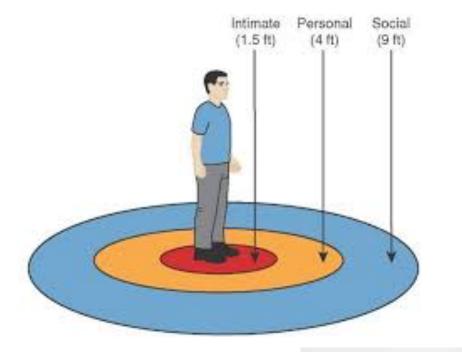
#### TYPES OF NON VERBAL COMMUNICATION







#### **Proxemics**

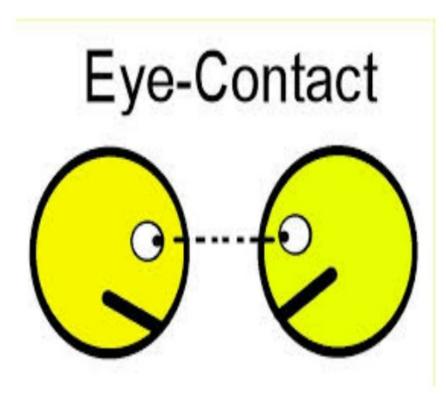




**Expectancy violations** 

THE greatest gift you can give to someone is your TIME.

Chronemics



- Beggars will try to establish eye contact first
- Speakers who avoid eye contact are perceived as less credible

• Eye contact usually enhances persuasion

#### **SMILING** has an immediate reaction

• Smiling conveys Warmth Attraction Liking Sincerity



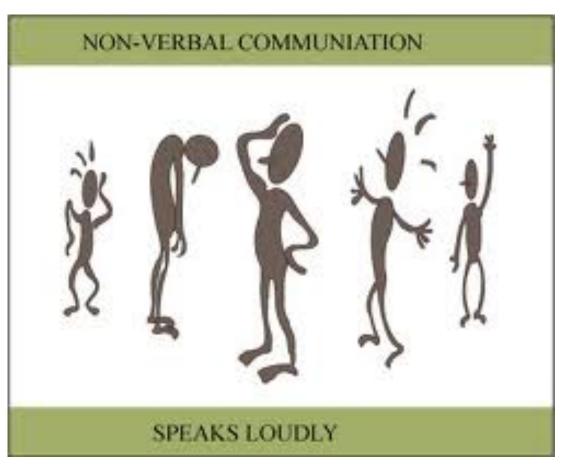
#### MIRRORING



## **KINESICS** – Physical movement

#### Adapters are unintentional cues that signal negative feelings

- Lip biting
- Nail biting
- Hand wringing
- ➤ Hair twirling



### HOW DO WE COMMUNICATE?

Great philosophers of the past are believed to have said, 'the average human being,

Iooks without seeing,

Iistens without hearing,

eats without tasting,

moves without physical awareness,

Inhales without awareness of odour or fragrance, and talks without thinking!

#### **Communication – The deadly words**:

• Don't,

• try,

• why,

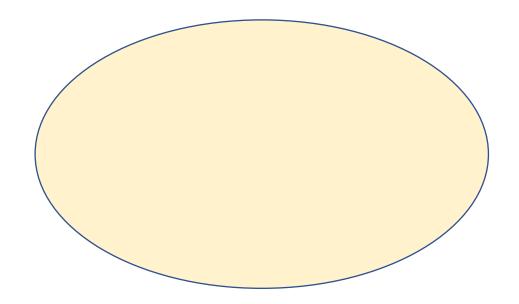
• but,

• can't

should







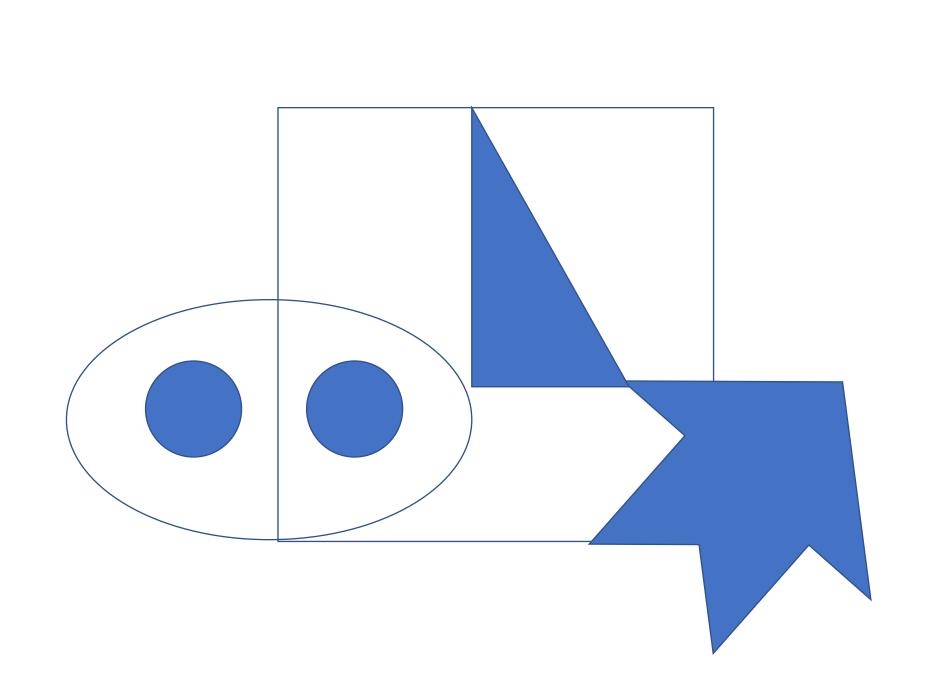


#### **RADIO STATIONS, ARE JUST LIKE OUR BRAIN**

#### We cannot hear unless we are tuned in

#### because

#### we can only listen to one station at a time.





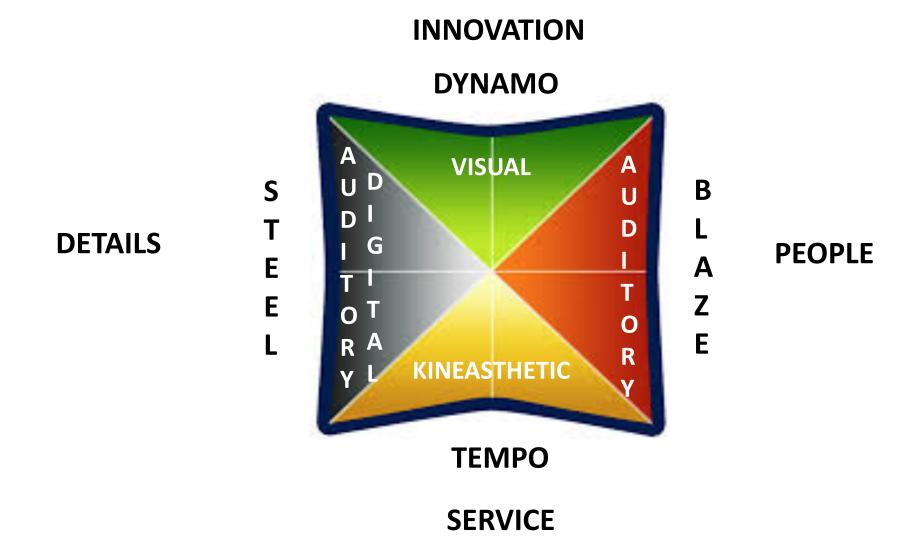
# The Representational System **PREFERENCE TEST**

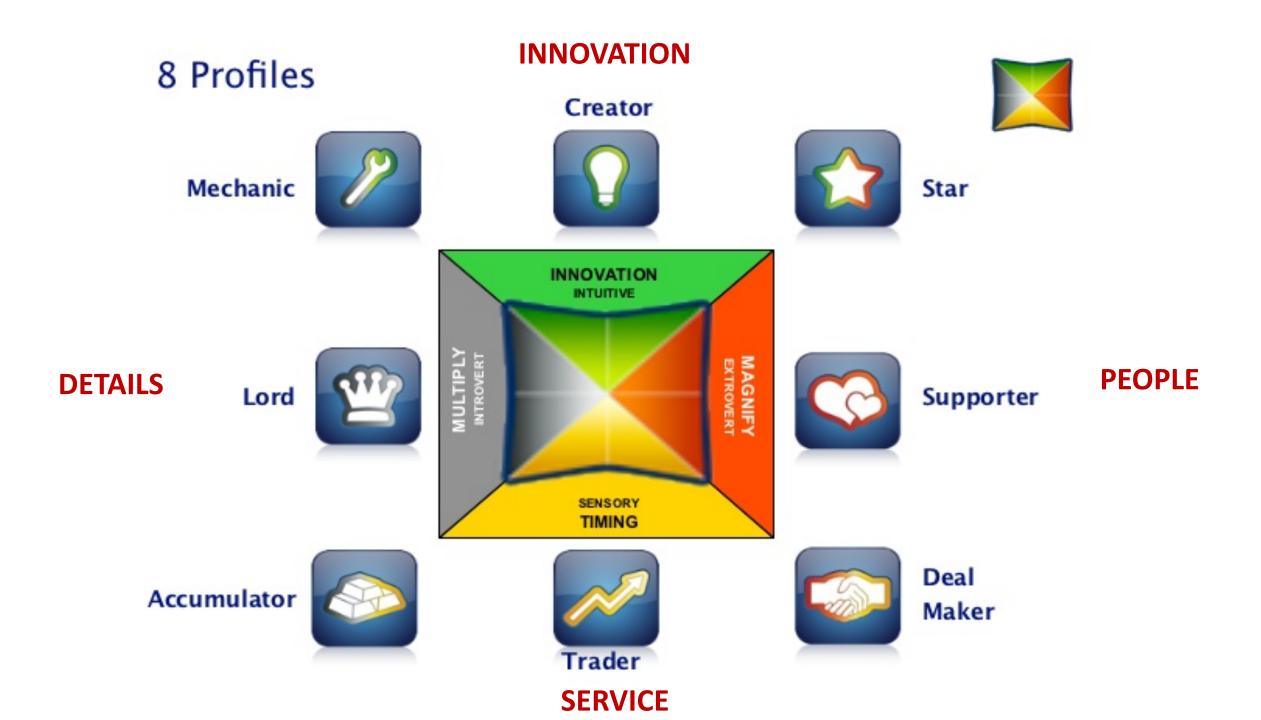
**EXERCISE** 

#### **PREDICATE WORDS**

VISUAL	AUDITORY	KINEASTHETIC	AUDITORY DIGITAL
SEE	HEAR	FEEL	SENSE
VIEW	LISTEN	TOUCH	EXPERIENCE
APPEAR	SOUNDS	GET HOLD OF	UNDERSTAND
SHOW	MAKE MUSIC	CATCH ON	LEARN
FOCUSED	HARMONISE	TURN AROUND	DECIDE
FLASH	RINGS A BELL	HARD	QUESTION
VIVID	RESONATES	SENSATION	KNOW

#### YOUR PERSONAL SUCCESS PRINCIPLE





### Identify your Natural Talent



Having a clear understanding of yourself and

your Natural talent

helps you

enjoy a healthy work-life balance and

achieve success and freedom.....

in both business and life



#### PATH OF LEAST RESISTENCE



When you are in your element everything is fun and effortless



#### Everyone works well together

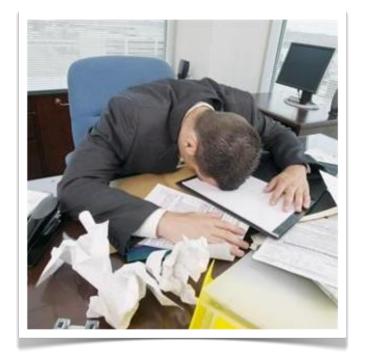






#### When you are not working in your element:

- Everything takes longer (Slower Productivity)
- Employee engagement levels are much lower
- People feel disconnected from the organisation
- Point scoring becomes important
- People have less fun
- X 🛛 It can get personal Blame
- Communication is poor





## The Benefits of working in your element:

Individual Performance Levels are much higher

- Employee engagement is high
- Communication is clear
- Speed of Delivery/Productivity
- High levels of Innovation to Delivery
- Significant Financial Improvements





If you would like to find out more about your 'Personal Success Principle' then please call/email me to arrange a free strategy call.

> Mobile: 07740 438341 Landline: 0161 956 8626 bmw@bernadettewillems.com



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