



# The Trust Catalyst: Building Effective Relationships

# Why Neoskill?



## Incorporated 1997

With over 27 years as a training provider, Neoskill is a reliable, stable and knowledgeable organisation for clients who require a variety of training services.



## Permanent Trainers

Neoskill trainers are full-time, permanent trainers and are not employed on a contract basis. This enables us to consistently provide a high level of quality and flexibility to our clients.



## Courses

We provide both Power Skills and Systems training. Our courses are focused on improving effectiveness and efficiency resulting in a more collaborative and productive work environment.



## Customised Solutions

Our training solutions can be customised to meet the needs of the client. This ensures the training is more relevant and impactful for learners and in-line with organisational goals.



## Clients

Our clients range from medium-sized companies to blue-chip multinational organisations in a variety of industries. They include Cisco Systems, the London School of Economics, AstraZeneca, Reuters, Santander and more.



## Delivery Methods

Our global training delivery methods include face-to-face training, live online training, e-Learning packages and Video on Demand. We have dedicated trainers for each delivery method, that provide exceptional learning experiences.

# Course Description

This course offers a comprehensive approach to understanding trust in relationships. Trust is a vital element for the smooth functioning and success of any interaction, whether in the workplace, or in personal situations.

You will explore the psychology and dynamics of trust, learning how to build, maintain, and repair trust. This course focuses on self-awareness and using effective skills in building trust.

## In this course we explore:

- Foundations of trust: Identifying the core elements required for building trust
- Understanding trust: Exploring the meaning and importance of trust in different relationships
- Self-awareness and trust: Developing self-awareness to understand how personal behaviours and attitudes impact trust
- Communication and trust: Exploring effective communication skills to help build trust
- Building and repairing trust: Exploring how to build or repair broken trust within a team or an organisation for improved relationships, collaboration, and productivity

# Course Benefits

Attending this trust course will help in many different areas of your life:

- Improve your interpersonal relationships
- Enhance your communication skills
- Promote teamwork

Ultimately, it will help to increase overall workplace productivity and provide insights into building trust, managing conflicts, and creating a positive team culture.

**Delivery Method 1:** Live Virtual

Duration: 4.5 hrs

**Delivery Method 2:** Face-to-Face

Duration: 1 day

# Power Skills Courses



## Time to Save Time

3.5 hrs online training / 1 day face-to-face training.



## Rewire Your Biases

3.5 hrs online training / 1 day face-to-face training.



## From Emotions to Empowerment

4.5 hrs online training / 1 day face-to-face training.



## The Art of Great Leadership

3.5 hr online training / 1 day face-to-face training.



## Destress, Avoid Burnout

3.5 hrs online training / 1 day face-to-face training.



## Story Tell To Success

3.5 hrs online training / 1 day face-to-face training.



## Communicate to Connect

3.5 hrs online training / 1 day face-to-face training.



## The Power of Magic Words

1 hr online training / Half-day face-to-face training.



## The Corporate Persuader: The Art of Influence & Persuasion with Integrity

3.5 hrs online training / 1-day face-to-face training.



## In Pursuit of Agreement: The Art of Negotiation

3.5 hrs x2 online training / 1 day face-to-face training.