

# June Mitchell

Clinical Therapy, Professional Coaching, Training & Workshops

## Training & workshops

At June Mitchell we focus on whole person development and not just specific skills training. We have a number of training courses and workshops to suit both individuals and groups.

We also offer individually tailored training and will work with you to assess your training outcome. June Mitchell have designed hundreds of training sessions and workshops so you can be sure that your course will fit your needs perfectly.

### Tailored training & workshops

We also offer individually tailored training and will work with you to assess your training outcome. Please call or email to discuss your requirements with June Mitchell.

### Developing resilience and work-life balance

Building your resilience is a necessary part of your success. Continuing along the path of personal development brings many insights and changes in behaviour.

June Mitchell has successfully designed and implemented a programme covering aspects of personal state management, based upon tried and tested techniques from cutting edge success programmes. These powerful techniques are on the centre stage of personal and organisational development.

On this programme you will be introduced to strategies for well-being and be able to experience and apply these strategies for yourself.

### Employment Progression: Skills Development

One of the biggest challenges we face as members of the workforce is the changes in our economic structure and occupational requirements. The workplace is changing and being prepared to meet those changes is essential. The greatest tool we have to face this challenge is education. Education prepares us to meet the levels required of us by building our skills and talents.

To this end we are motivated to progress. And to progress we can develop our intra-personal skills, communication skills, relational skills, evaluation skills, and align ourselves with our own values and that of our workplace

Employment Progression: Skills Development is a 2 day training workshop that is part of a series of training events focussing on developing business through personal growth.

For further info contact June on: 07964 056937  
Email: [june@junemitchell.co.uk](mailto:june@junemitchell.co.uk) [www.junemitchell.co.uk](http://www.junemitchell.co.uk)

*Tailored training & workshops.....*

Developing resilience and work-life balance

Employment Progression: Skills Development

Mentoring in the Workplace

Influencing with integrity

Cultivating self care for health professionals

Communication for public sector professionals

NLP, Hypnosis, EFT intro for health professionals

*Open to all courses.....*

Self hypnosis

Be your Own Life Coach

NLP Courses with Piece NLP



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## Training & workshops (continued)

### Mentoring in the Workplace

Success in your business and career requires you to do your best at every moment in your day to day working activities. Are you fully aware of the difference between what you do and what you are capable of doing?

All organisations need talented people who are motivated to achieve. Coaching and mentoring has an important role to take in developing motivation, positive attitude and skills for works. Successful mentors recognise their role requires a high level of skill to be able to work efficiently, effectively and developmentally for themselves and their mentee.

The focus of this day is to enable employees to take pride in themselves and their organisation, take up opportunities, and support the vision, mission and values of the organisation.

### Influencing with integrity

To prosper as individuals in a flexible, constantly changing workplace we each do our utmost to learn and develop. And to progress we need to develop our intra-personal skills, communication skills, relational skills, evaluation skills, and align ourselves with our own values and that of our workplace.

To achieve this June Mitchell run an influencing with integrity course to master the processes. It is not negative or manipulative, people who are good influencers still maintain a good, positive relationships.

You can influence others in different ways, 'openly' (sales, meetings, presentations, team leading, negotiations etc) or 'hidden' (relating, networking, mentoring, behaving, non verbal communication, language, attitudes, counseling etc)

Influencing with Integrity is a one day training workshop that is part of a series of training events focussing on developing business through personal growth.

### Cultivating self care for health professionals

We believe it is vitally important to enjoy some supported 'Me Time' for our own health and well-being. This is especially important for those of us who spend our professional lives caring for others.

This one day workshop is based upon complementary therapies used to restore health and well-being. You will be introduced to strategies for self-care, experiencing these positive aspects for yourself. It is a popular course with health care workers and has particular emphasis for those been working in cancer care.

The benefits of the course are a deeper your awareness of tools of self care, the prevention of 'Professional Burn out', restoring your energy, experience a deeply relaxed state and designing and enjoying your Life/ Work Balance fully and completely.

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## Training & workshops (continued)

### Communication for public sector professionals

The ability to deal with people and different scenarios in a positive way to achieve a win-win situation as far as possible is challenging at the best of times. Set in the context of public sector working this can be less than easy.

Achieving the correct balance and using our full range of interpersonal skills with a nervous interviewee, take a complaint or to appraise a situation is a challenge, whilst staying positive ourselves in challenging and confusing situations is no easy task.

June Mitchell provides training to exploring and deliver skills in this area along with the psychology behind how we communicate with each other and why.

### NLP, Hypnosis, EFT intro for health professionals

Are you responsible for training, or continuous professional development for health and care workers? Or a health professional who is simply curious about NLP interventions? Have you considered the real benefits of hypnosis for your clients and patients?

Whether your patients are stuck in depression, or wracked with anxiety, NLP, Hypnosis and EFT helps you to identify how they 'do' these problems and how to begin alleviating them. The most profound change-work is done elegantly and conversationally, with the patient making all their own changes internally.

If you would like to know how therapeutic interventions can help you to help them, attending an introductory workshop is for you. These workshops have been delivered to GP's and trainee GP's in the Yorkshire area. If you are interested please contact us.

### Open to all courses

We provide a number of open courses for personal interest and development. If you would like further information please contact us through this website.

### Learning Self hypnosis

Learning self hypnosis is about being engaged in a process that includes being clear about your goals and write them down before you begin your hypnosis. You will learn that when you do this it helps you to be clear in your mind and your goals can suddenly seem more realistic, specific and focused.

You will be instructed throughout the whole process, use deep breathing and relaxation techniques, learn how to deepen hypnosis, work with your unconscious mind and then return to full consciousness safely and timely.

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### Training & workshops (continued)

For some people there may be a resistance to relaxation especially when you first start to practice self hypnosis. However the more you practice the deeper you go into that place of change.

The one day self hypnosis workshop is offered throughout the year. Call for details of the next available date.

### Be your Own Life Coach

Many of us have goals that stay tucked away in our journals or in the dreaming part of our mind because we don't know what we really want, or how to get started. However, getting going can be as simple as asking yourself a few important questions: "What would I want if I knew I couldn't fail?" "What do I really want?"

And imagine what it would be like to have that? What would you do if no-one else found out? What would you do if it was up to you? What would be even better than this? How will you now when you have it? How will you feel when you achieve it? What prevents you from having it right now?

Being your own life coach means examining your experience, setting goals, working with and changing your beliefs. Even small daily efforts can lead to real change, doing simple things that help you stay focused on what you want is a key to achievement. As little as five minutes a day can produce effects.

### NLP Courses with Piece NLP

NLP Training - Learning Neuro Linguistic Programming (NLP) is a process. It is not about acquiring information; it is about exploring how you do things. NLP is something many of us naturally. It is a set of skills whereby you use your mind and body and emotions to run your own life more successfully, and to communicate effectively with other people with more insight. Ideally you 'live' NLP and it becomes part of your life.

Training is very practical and experiential. You can read lots of books on NLP and there are literally hundreds of books available on NLP, and even though you may read many of these you may still not be doing NLP.

Embarking on a course is an active personal experience in which everything you learn is explored and you understand the principles, you practice and apply your learning. Your experience is interactively discussed with fellow course participants and trainers.

If you are interested in learning NLP please visit [www.piecenlp.com](http://www.piecenlp.com)

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