

Mastering Communication for First Year University Students

12.8% of first year university students drop out before reaching their second year (15.1% in Queensland). This is due to a number of manageable reasons:

- Lack of planning and preparation
- Poor communication between peers, their lecturers, tutors and the workplace
- Negative mindset under change or stress
- Difficulties working in groups
- Insufficient knowledge of the services the university provides
- The inability to support themselves financially

These problems stem from a breakdown in, or absence of conscious communication and preparation. Our aim is to provide first year university students with the mindset, skillset and toolset to succeed at university and beyond. They will gain the confidence and courage to communicate positively, work successfully in groups and prepare to succeed in job interviews and in the workplace. Incorporating the deep learning competencies, these four workshops will cover:

- Body language boot camp
 - How we are likely to behave in a given situation, and how we can communicate positively with ourselves and others
 - Altering our body's physiology, we can achieve an immediate change of our emotional state through our non-verbal cues for consciously connecting
- First impressions, lasting results
 - We make our first impression in 7 seconds, whether on our social media profiles, face to face, or through the phone
 - Developing the million-dollar handshake
- 3 steps to group success
 - Are your group members difficult? Or just different...
 - Understanding the benefits of group work
 - How to be a great team player, creating a level playing field, and finding a win-win situation
- 7 steps to powerful planning and preparation
 - Follow the 7 steps to success
 - Putting an end to procrastination
 - Managing your workload

Workshops can be delivered in multiple formats. A one-day bespoke workshop covering two topics of your choosing, a two-day intensive workshop, consisting of all four topics, or four half-day workshops split up over dates of your choosing, covering one topic per workshop. We also provide a one-hour keynote presentation on a single topic of your choosing.