



Rachel Collis

ebrochure

Evidence-based Consulting | Facilitation | Training | Coaching



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About me

Rachel Collis specialises in human resource development. She provides workshops; keynote speeches; coaching; 360° feedback surveys and group and team facilitation.

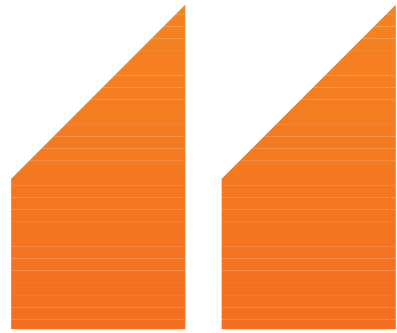
Rachel qualified as an MD at St George's Medical School in London, and practised as a consultant psychiatrist in both England and Australia until 2002, when she started her management consultancy.

Rachel is passionate about applying the science of happiness. She is one of a select group of professionals in the world who, as part of the Authentic Happiness Coaching programme, was trained by Martin Seligman in Positive Psychology. Rachel is also trained in Acceptance and Commitment training - an approach to personal and professional development that has been shown to be effective in improving emotional intelligence, motivation and performance whilst also decreasing anxiety and stress.

Rachel is also a sessional academic at QUT in the School of Management and at Griffith University in Brisbane, Australia. She has received the QUT Faculty of Business, Student Choice 'Awesome Tutor' Award in recognition of her "passion and enthusiasm...and ability to inspire students to achieve success." Rachel runs lively sessions with a practical focus. Sessions are tailored to ensure that they are relevant to individuals and their specific workplace.

An outline of currently offered topics is overleaf.





Rachel always delivered on our agreed outcomes and often exceeded my expectations. Working with Rachel was an absolute pleasure.



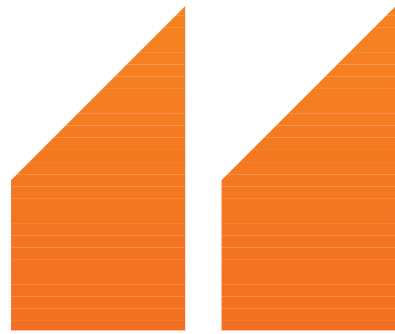
The 'how to' of happiness

This session

- Explores how we usually learn to be happy
- Challenges assumptions about what will make us happy
- Delivers strategies to significantly change our level of happiness

Including:

- The secrets of happy relationships
- 'Flow' - what is it; why is it important and how can we have more of it
- How to get the most out of the pleasures in our life
- Why altruism and gratitude matter



Rachel is consistently
enthusiastic and
extremely helpful



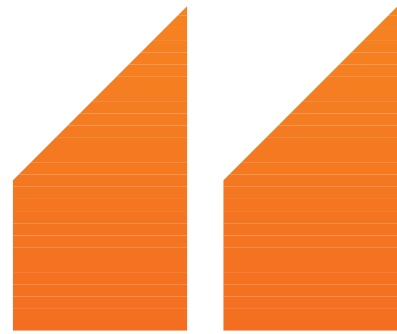
The 'how to' of happiness -

Happiness and the supervisor

- Explores how our level of happiness affects our outcomes at work
- Gives supervisors simple and practical strategies to increase the happiness of their team members

Including:

- The secrets of happy teams
- 'Flow' - what is it, how does it relate to performance and output, what supervisors need to do to create circumstances that enable team members to operate at their potential
- The relationship between feedback and happiness
- Why altruism and gratitude matter



Very good, lively presentation.
Thought provoking.

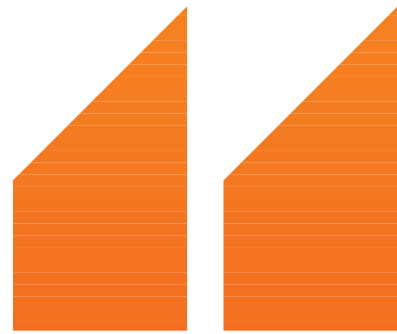


Building stress hardiness

Stress-related illness is costly for organisations, employees and their families. This programme uses evidence based approaches to help reduce this risk. The programme is usually delivered as a series of eight, weekly, two hour workshops with activities between each session.

It includes:

- Identifying both helpful and self-defeating thoughts and behaviours
- Understanding the effects of pessimism and how to build optimism
- Improving the quality of key relationships
- Increasing the amount of positive emotions in our everyday lives
- Coping with a crisis



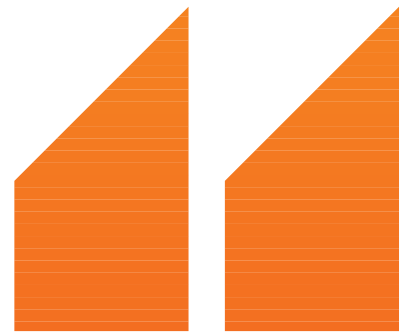
Always fun and challenging.
Had a great day.



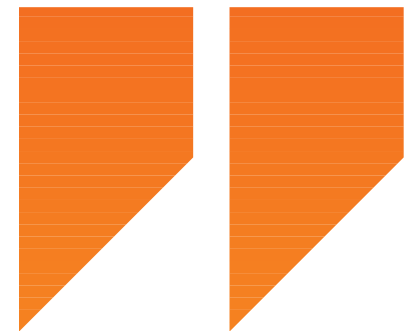
The secrets of success

This session covers evidence based strategies for:

- Setting goals that make you happy and that you will be drawn to achieve
- Building and maintaining your motivation
- Overcoming procrastination



A terrific course. Great
content and presentation.



Don't get burnt by burnout!

Staff who are at risk of burnout are often highly valued employees. Burnout causes lowered productivity, absenteeism, intention to leave, stress-related health outcomes and has a spill over effect on work colleagues.

It can take years for an individual to recover from burnout. Don't get burnt - take preventative action with this session which includes:

- Assessing risk factors for burnout in the individual and in the job role
- Spotting the signs of impending burnout
- Practical strategies to prevent burnout occurring



I enjoyed the day!
The content was relevant
and I felt comfortable
in the sessions.



Getting it all in balance!

Many of us struggle with work-life balance.

Participants in this session will learn how to:

- Define the roles in their life and understand how the roles can work together
- Identify what is swallowing their time
- Know when to say 'yes' and when and how to say 'no'
- Learn how to overcome procrastination



Very experienced and a great presenter, kept the audience focussed.



Creative problem solving

‘We know the answer, we just don’t know we know!’

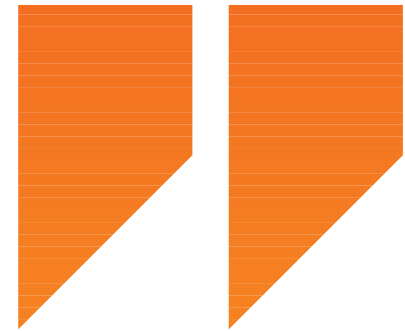
We often already know creative and energising solutions to our challenges, we just don’t know we know! Instead we can unwittingly be constrained by what we believe to be true about ourselves and about the problem itself.

Participants on this session will:

- Engage with and practice creative thinking strategies to overcome blocks
- Look at a complex ‘messy’ workplace problem in a new way
- Create fresh strategies for dealing with long-running problems



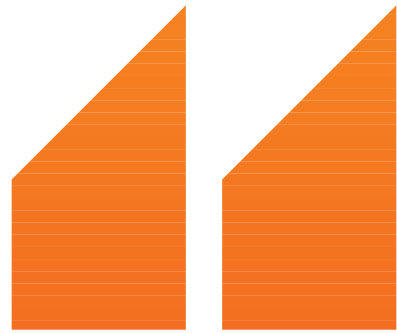
Extremely knowledgeable,
comfortable and entertaining
presentation.



Effective communication skills

Dramatically improve communication outcomes with this session, which includes:

- Engaging and influencing others
- Effective listening in challenging situations
- Recognising and dealing with blocks to communication
- Dealing with difficult emotions in oneself and others
- Encouraging others to raise difficult issues
- Delivering a message so that others understand and remember it



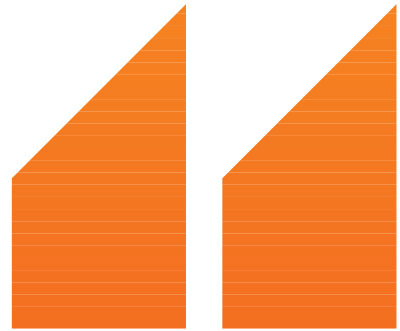
Your enthusiasm is catching and your presentation very engaging. The group were captured throughout.



Change, resilience and success

Change is a given. We need to build resilience in order to achieve successful change, and this session provides the information and skills required including:

- How change affects different people
- How can we build our resilience and look after ourselves through change?
- How do resilient people approach change?
- Self-efficacy – the belief that we will be successful. Why is it important and how can we develop it in ourselves and others?
- Building a resilient team
- What can we do to support each other through change?
- Honouring the past and developing a shared story of growth, renewal and positive transformation in the future
- The six factors of successful change



I really enjoyed your
manner and the pace
of the presentation.

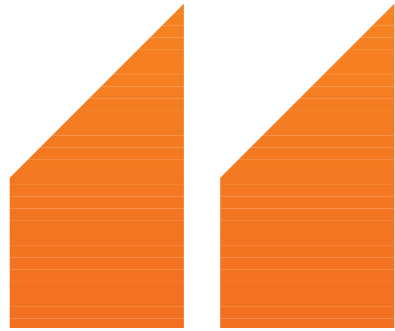


Bring it on!

Effective strategies for dealing with workplace conflict.

Reduce the stress of workplace conflict, find out:

- What makes people angry at work?
- Why are workplace disputes so difficult?
- How to decide if raising a difficult issue with a co-worker is necessary
- How to raise a difficult issue
- Responding non-defensively to another's concern
- Resolving the conflict



Content and presenter
very good and interesting.
Very enjoyable



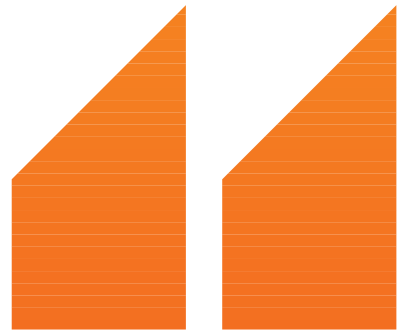
Conflict mapping

‘Time spent understanding the map is never wasted’

This is a higher level session on conflict resolution.

Conflict mapping is an effective tool to help you manage conflict pro-actively. Including:

- What is conflict mapping and why is it useful?
- How to map conflict
- How to use a conflict map to help manage conflict more effectively
- Practical examples and practice scenarios



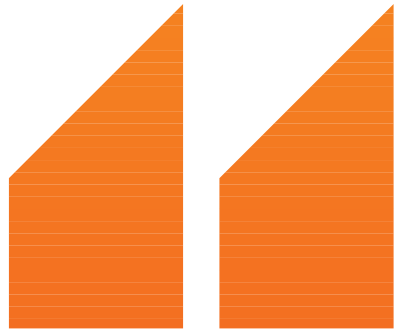
Love your style and the
way you challenge/develop
- thanks.



Mediation and negotiation skills

This session covers:

- Creating win:win agreements that really stick
- The risks of triangulation
- Influencing others
- Preparing to negotiate
- Developing a shared understanding of the issues
- Defusing anger and blame



My expectations were
high and you met them.
Thank you.

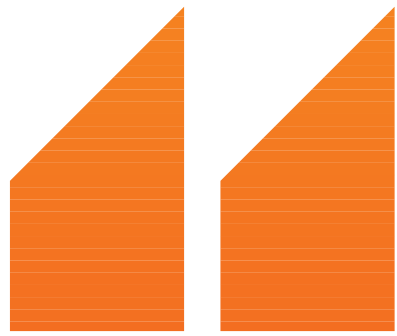


Facilitation skills

There is increasing demand for these skills across many job roles.

This practical session covers:

- The who, what, how and where of preparing, beginning, running, closing and following up effectively on a session
- Facilitating effective discussion
- Encouraging contribution and engagement from participants with different perspectives
- Managing challenging behaviours - including observing and managing one's own emotions in response to challenging behaviours
- Working with another facilitator



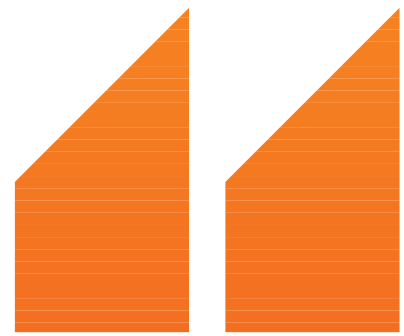
Triggered some interesting
thought processes.



Coaching skills for Managers

Participants will gain practical coaching strategies and skills including:

- When to coach and when not to coach?
- What are the risks and benefits of coaching?
- Approaches to coaching including solution focussed coaching and strength based coaching
- Setting meaningful goals
- Understanding how to build and support motivation
- Providing effective follow up



Excellent, great info
delivered extremely well.



Understanding team and group dynamics

A useful session for new teams, existing teams that need a boost, and team leaders who want to know:

- What are the secrets of effective teams?
- How to make it work – clarifying team roles, responsibilities and developing shared goals
- Effective decision making in teams
- When it all goes horribly wrong - what can go wrong and how to avoid it
- How did we get here? Understanding how current team behaviours have developed and distinguishing between good and unhelpful work practices.

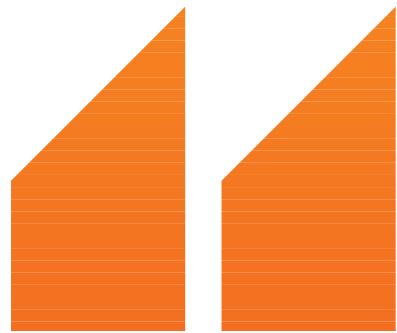
With Joan Wilson of JWJ Consulting



Supporting staff who are experiencing psychological health issues

One in four people will experience a mental health problem at some point in their lives. How can a supervisor effectively manage this issue?

- How mental illness affects people in the workplace
- What is an appropriate role for the team leader/supervisor in this situation?
- Initiating supportive discussions in the workplace when a staff member is experiencing a mental health issue
- Establishing performance feedback frameworks
- The importance of establishing realistic expectations
- Providing feedback and offering support
- The impact of medications
- Dealing with a crisis
- Obtaining meaningful information from the treating doctor
- Supporting other team members
- Looking after yourself - setting boundaries
- Resources to support managers and co-workers



Most useful course attended in years. Practical advice/strategies for dealing with mental health issues.



Dealing with customers with psychological and emotional health issues

A workshop that offers practical advice, assistance and support for people interacting with people who are living with emotional and psychological illness.

- What is mental illness?
- Knowing when your 'comfort' levels have been unhealthily stretched
- Looking after yourself – setting boundaries
- Ensuring clarity in communication and understanding
- Knowing what support mechanisms you have to draw on... and then drawing on them
- Maintaining the focus on the customers' needs
- The impact of medications
- Dealing with a crisis

With Trisha Kendall of ChangeCorp



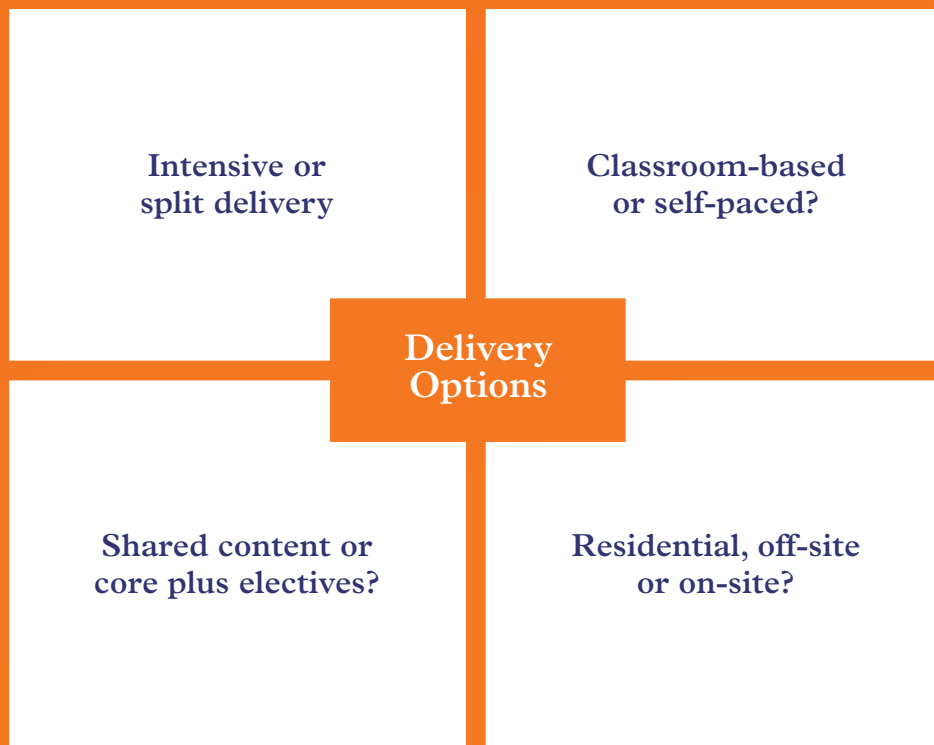
Flex Leadership Programme:

Because one size did not fit all!

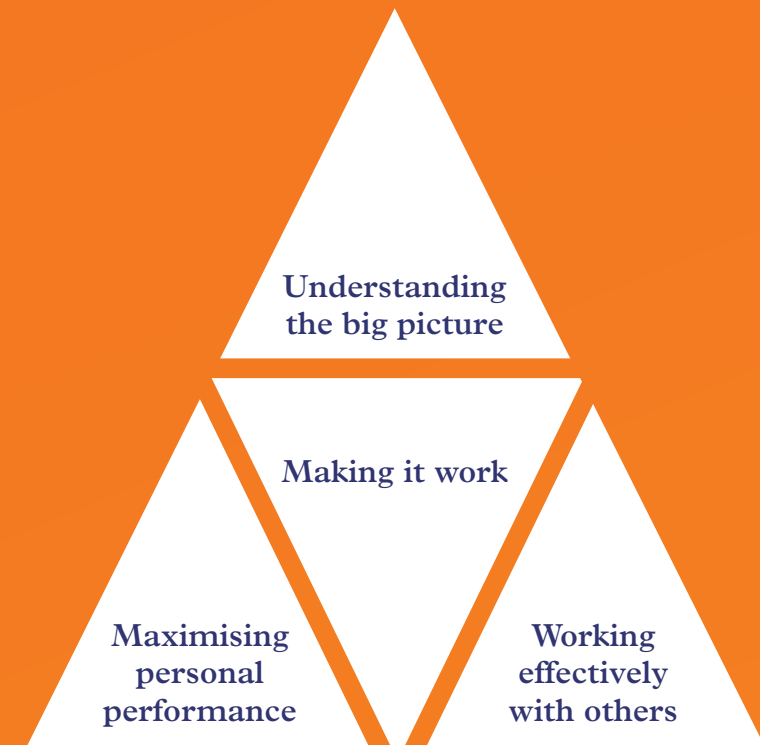
Leadership and management development is a complex process. Each group requires a different approach; every organisation, team and individual has its own challenges and strengths. You may be looking for a program for new leaders, women, senior managers or struggling performers. To make things work for you, our expert facilitators:

- Listen to you in order to understand the challenges of your organisational environment and the development needs of participants
- Analyse your circumstances and provide sound advice on addressing your specific needs
- Develop a program tailored to your requirements including a consideration of the best content and form of delivery that will achieve your outcomes and meet your budget

Delivery Options



The Content



Thanks for reading, if you have any questions or wish to make an enquiry please feel free to contact me.

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