

Personal Development

1/2 day workshops include... (all training programmes are run in-house)

Total Focus provides client orientated training in a secure yet stimulating environment, enhancing your personal and professional potential. At all times you are our Total Focus!				
Assertiveness skills	Goal setting	Body language	Interview skills	
Positive thinking	Communication skills	Accelerated learning	How to say 'No'	
Time management	Work / life balance	Fostering your own reliance	Mock interview(s)	
Stress management	Motivation (self)	CV writing		
Total Focus is happy to design a bespoke training workshop to suit your needs!				

Total Focus



085 735 4446



support@totalfocus.ie



www.totalfocus.ie



11 Upper Pembroke St, Dublin 2