



Ricky Nowak APS

**Let Confident
Communications
help you get the
best from your
most valuable asset
- YOUR PEOPLE**

Do you think you could benefit from coaching in presentation, communication and leadership?

Need to develop YOUR potential to be the very best you can?

Want personalised attention to details to help you meet your goals?

Ricky Nowak coaches people in Presentation, Communication and Leadership providing a focused, guided, and integrated self-development and skill-development designed to optimise potential for the business professional. Its primary focus is to finely tune and measurably enhance presentation and other communication skills for improved confidence, improved performance and improved business and personal results.

Confident Communications provides four options for individuals to receive coaching.

Presentation Assessment & Feedback

In one short session Ricky Nowak will review your presentation style and delivery, assess the areas that you could improve and enhance and provide you with valuable and practical feedback on what you could do to achieve and succeed in delivering your presentations.

8 - Week Program

An intensive coaching program comprising of, initial consultation to understand areas that you would like to be coached in, observation of current skills (where applicable), development of tailored program, 12 x two hour sessions to assist with implementation of program, monitoring development and support to enhance your skills. These 12 sessions can be as condensed or personalised around your commitments as you require, upon completion of the contracted period you will receive a one hour support session every 8 weeks following for a period of 12 months.

Organisation Training & Coaching

Confident Communications provides a fully tailored program to each organisation and individual who participates in it. The training & coaching is designed for organisations wanting their people to develop more effective presentation, communication and leadership techniques. This type of training & coaching provides the opportunity for Ricky Nowak to "talent scout" within their organisation for people who show special qualities as Presenters, Communicators or Leaders. It would be



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through this training process that selected participants could then be guided to a superior level of ability and increased potential over a contracted period of time.

This option includes: pre-session consultation, DISC profiling all participants, full day training session, half or full day follow up four weeks later dependant in on the numbers in the group. Followed by selected personnel receiving personal coaching covering consultation with participant, observation of current skills in real time (if appropriate), detailed design of program by both participant and myself, contracted period ranging from a minimum of 4 x two hour sessions to designated time frame. After this time, a needs basis can be determined to fit in flexibly with the participants commitments and can include on or off-site sessions and a one hour support sessions every 8 weeks (optional).

Small Group Coaching

Small group coaching combines the training and coaching modality and is suitable for up to 4 participants. It is designed for those people who work closely together, have a common agenda to work towards and are happy to work together for a minimum of 4 x two hour sessions. This is suitable for people who work closely together within a team and want to build the skills within the team to perform at a superior level, do not work in harmony as a group and want to resolve problems with communication, or need to present concepts, ideas or a combination of material as an individual or team. The coaching will focus on identifying different personality styles within the group and working on a collegial approach to groups goals.

To ensure the maximum benefit to the participants and the organisation, Confident Communications incorporates DISC profiling in all training courses. DISC is a tool for looking at people's individual differences and assists with strategies for working with those differences. It assists organisations in the ability to match behaviours required to undertake these job and build successful teams.

"Thank you Ricky! In such a short time you coached a senior board member, to successfully impart the life saving work of the Bone Marrow Donor Institute to audiences Australia-wide. His newly gained presentation skills, confidence and mastery of multi media equipment has been very exciting."

Helen Bird
Development Manager
Bone Marrow Donor Institute