



Your Likeability Factor™:
Building Personal Charisma

Course Objective

This 2-day intensive programme will help participants to improve their acceptance by other people and gain their support through becoming a better and more likeable person.

Course Methodology

- 30% interactive sharing by trainer
- 40% experiential group & individual activities
- 30% group discussions & presentations

Course Syllabus

<i>Module 1</i> Introduction to Likeability & Charisma	Survey to find out your Likeability and Charisma quotient, and why it is important at work and in life
<i>Module 2</i> Personalities to Avoid	The various types of behaviour which are disliked, and how to avoid behaving as such
<i>Module 3</i> Starting with Correct Beliefs	Correcting limiting beliefs, false assumptions, prejudices and distortions of opinion in oneself
<i>Module 4</i> Starting with Yourself	How to treat oneself better before one treats others better, and how to improve one's intrapersonal relationship with oneself before one builds better interpersonal relationships with others
<i>Module 5</i> Simple Things, Huge Impact	How one's facial expressions, hand gestures, words, voice and even breathing style can build or burn bridges of likeability between one and others
<i>Module 6</i> Hitting It Off	Strategies to enter a room and light it up with one's charisma, and techniques to engage in a conversation with someone and make him/her like one as a supplier, co-worker or associate
<i>Module 7</i> Sprucing Up Your Surroundings	Increasing one's likeability factor and charismatic impact by changing one's surroundings, such as one's work area deco and the interior of one's car, to send out a positive message to one's boss, colleagues and customers
<i>Module 8</i> Hands-on Final Exercises	Putting the strategies into practice, action plans and final instructions