# Personal Impact – Communicating with Clarity, Confidence, and Influence

**Category:** Professional & Leadership Development | **Vendor:** Various

**Duration:** 8.00 hours (1 days) **6.5 CPD Hours** **Rating:** ⭐ 4.6 (5,878 reviews)

## Course Information

**Delivery Format:** Instructor Led - Online

## Course Overview

Personal impact is not about being the loudest voice in the room—it's about being the most effective. This course explores how individuals shape perceptions, build trust, and influence outcomes through their communication, presence, and behaviour. Throughout the day, participants will uncover how their habits, language, and non-verbal signals affect how others experience them. The course blends self-awareness with practical tools, enabling participants to intentionally adjust their approach to achieve better results in meetings, presentations, and everyday interactions. The day progresses from understanding self, to managing communication, to influencing others, ending with a personal action plan that translates insight into consistent behavioural change.

## About This Course

Personal impact is not about being the loudest voice in the room—it’s about being the most effective. This course explores how individuals shape perceptions, build trust, and influence outcomes through their communication, presence, and behaviour. Throughout the day, participants will uncover how their habits, language, and non-verbal signals affect how others experience them. The course blends self-awareness with practical tools, enabling participants to intentionally adjust their approach to achieve better results in meetings, presentations, and everyday interactions. The day progresses from understanding self, to managing communication, to influencing others, ending with a personal action plan that translates insight into consistent behavioural change.

## Who Should Attend

This course would be particularly beneficial for: Professionals who need to communicate effectively with colleagues, customers, suppliers, or stakeholders Team leaders and first-line managers looking to improve their influence and credibility Project managers who need to gain buy-in without direct authority Customer-facing staff Technical specialists who want to improve their communication and presentation skills HR, Learning & Development, and Business Support professionals Graduates and emerging talent programmes Individuals preparing for leadership responsibilities Anyone who wishes to increase confidence in meetings, presentations, and challenging conversations The course focuses heavily on self-awareness, communication, presence, influence, and handling difficult situations, making it relevant across almost all business functions.

### Prerequisites & Entry Requirements

**General Prerequisites:**

There are no formal prerequisites for this course.

However, delegates will gain the most value if they:

- Have some workplace experience (typically 6+ months)
- Regularly interact with colleagues, customers, or stakeholders
- Are willing to participate in discussions, exercises, and role-play activities
- Have an interest in developing their communication, confidence, and influencing skills

No prior management experience, qualifications, or communication training is required. The course is suitable for both individual contributors and managers.

# Learning Outcomes

**Upon successful completion of this course, participants will be able to:**

### Benefits of Attending

By the end of the course, participants will:

- Develop greater self-awareness of how they are perceived by others
- Learn how to communicate with clarity and purpose
- Build confidence in high-stakes interactions
- Understand how to adapt their style to different people and situations
- Improve their ability to influence without authority
- Strengthen professional presence and credibility
- Leave with a personalised action plan for sustained impact

### Learning Objectives

Participants will be able to:

- Identify the key components of personal impact
- Recognise how behaviour, language, and mindset shape outcomes
- Apply techniques to enhance verbal and non-verbal communication
- Use structured approaches to influence conversations
- Reflect on and adjust their communication style in real time

# Detailed Course Outline

### Welcome & Introduction

Focus: Setting context and expectations

- Introductions and objectives
- What is “personal impact”?
- Group discussion: “Think of someone with strong personal impact—what do they do?”

### Understanding Personal Impact

Focus: Self-awareness and perception

- The components of impact:
  - Presence
  - Communication
  - Intent vs. perception
- The “impact gap” (how we think we come across vs. reality)

### Communicating with Clarity & Confidence

Focus: Verbal communication skills

- Structuring messages for clarity
- Speaking with purpose (intentional language)
- Managing tone, pace, and energy
- Avoiding common communication traps

### Non-Verbal Communication & Presence

Focus: How behaviour shapes perception

- Body language and first impressions
- Eye contact, posture, and movement
- Managing nerves and projecting confidence
- Aligning verbal and non-verbal signals

### Influencing Others Effectively

Focus: Practical influence skills

- What influence really is (beyond authority)
- Adapting to different communication styles
- Building rapport quickly
- Framing messages to engage others

### Handling Challenging Situations

Focus: Maintaining impact under pressure

- Staying composed in difficult conversations
- Listening as a tool for influence
- Responding vs. reacting
- Language for difficult moments

## Personal Impact Action Plan & Close

Focus: Embedding learning

- Reflection: key insights from the day
- Identifying personal strengths and development areas
- Creating a 30-day action plan

## Upcoming Schedule

**Available training dates for Personal Impact – Communicating with Clarity, Confidence, and Influence:**

| Start Date | End Date | Location | Delivery | Price |
|---|---|---|---|---|
| 04 Dec 2026 | 04 Dec 2026 | Virtual Classroom - Zoom | Virtual | €495.00 |

## Additional Course Details

Nexus Humans Personal Impact – Communicating with Clarity, Confidence, and Influence Workshop presents an invigorating mix of sessions, lessons, and masterclasses meticulously crafted to propel your learning expedition forward.

This immersive bootcamp-style experience boasts interactive lectures, hands-on labs, and collaborative hackathons, all strategically designed to fortify fundamental concepts.

Guided by seasoned coaches, each session offers priceless insights and practical skills crucial for honing your expertise. Whether you're stepping into the realm of professional skills or a seasoned professional, this comprehensive course ensures you're equipped with the knowledge and prowess necessary for success.

While we feel this is the best course for the Personal Impact – Communicating with Clarity, Confidence, and Influence Workshop and one of our Top 10 we encourage you to read the course outline to make sure it is the right content for you.

Additionally, private sessions, closed classes or dedicated events are available both live online and at our training centres in Dublin and London, as well as at your offices anywhere in the UK, Ireland or across EMEA.

# Frequently Asked Questions

### Q: What delivery options are available for Personal Impact – Communicating with Clarity, Confidence, and Influence?

We offer multiple delivery formats:

- Live Instructor-Led Classroom Online (Virtual/Live Online)
- Traditional Instructor-Led Classroom Training (ILT)
- On-site delivery at your offices anywhere in United Kingdom
- Private dedicated courses customized for your team

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### Q: How many CPD hours does this course provide?

The 1-day Personal Impact – Communicating with Clarity, Confidence, and Influence course provides up to 6.5 CPD hours of structured learning. CPD certificates can be provided upon request.

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### Q: What is the duration of the Personal Impact – Communicating with Clarity, Confidence, and Influence training?

The training takes place over 1 day(s), with each day lasting approximately 8.00 hours including breaks for lunch and refreshments.

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### Q: Do you provide corporate training for Personal Impact – Communicating with Clarity, Confidence, and Influence?

Yes, we provide corporate training, dedicated training, and closed classes for Personal Impact – Communicating with Clarity, Confidence, and Influence. Training can take place anywhere in United Kingdom including London, Manchester, Birmingham, Edinburgh, or live online allowing teams from across United Kingdom or internationally to attend.

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### Q: Why choose Nexus Human for Personal Impact – Communicating with Clarity, Confidence, and Influence?

Nexus Human is recognized as one of the leading training providers. Our trainers have won multiple awards including:

- Small Firms Best Trainer Award
- National Training Partner of the Year (Ireland) - Multiple Years
- Global Top 30 Instructor Awards (2012, 2019, 2021)
- Tech Excellence Award Nominations
- Learning Performance Institute (LPI) External Training Provider Sponsor 2024

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### Q: Are there any discount codes available?

Yes! Use discount code **PENPAL5** when booking your Personal Impact – Communicating with Clarity, Confidence, and Influence training. Please note that only one discount code can be used per booking and cannot be combined with other special offers.


## Nexus Human

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