

HARNESS PEOPLE POTENTIAL



Guide to high quality, customised training programmes

www.preferred-future.com
info@preferred-future.com
+353 (0)89 460 9718

preferred future
developing people
releasing potential

Training programmes

Personal effectiveness training

- Assertiveness in the workplace
- Creativity and innovation at work
- Customer service skills
- Dealing positively with change
- Facilitation skills
- Influencing and communication skills
- Networking skills
- Presentation skills to win over your audience
- Time management for personal effectiveness
- Train the trainer

Well being, stress management and resilience

- Mindfulness
- Resilience in the workplace
- Stress management

Management and leadership skills

- Appraisal skills
- Coaching for high performance
- Creating trusting work relationships
- Dealing with challenging people
- Feedback skills
- Managing conflict at work
- Managing performance and under-performance
- Managing people with skill and confidence
- Running efficient meetings
- Motivating yourself and others
- Leadership development

Partnering with clients to design and deliver high-quality, results-focused learning

I don't do 'off the shelf' training. All my programmes are customised to meet your specific needs. If you require a topic that's not on this list, please get in touch and I'll discuss your needs in more detail.

about Reg Friddle

I have been Head of Learning, Training and Coaching for Preferred Future since 2013 and involved in training/ L&D for much longer.

I work in the field of training, leadership, management, well-being communications and team development at all levels, including senior levels.

This work centres on the 3 linked interventions of:

- Executive leadership coaching
- Customised training skills programmes
- High-impact team coaching and team development

I have a wide range of experience in these fields through working for public, government, not-for-profit and private companies.

Clients include blue-chips through to entrepreneurs in Ireland, USA and EMEA. i work across sectors including government, public, engineering, health, banking, hospitality, regulatory and retail.

qualifications

Advanced Diploma - Executive Coaching [Michael Smurfit Business School, UCD]

Advanced Diploma International Business [Ulster University]

BA (Hons) Business [Greenwich University]

Certificate in Management [Open University]

Advanced Certificate - Training & Learning and Development [CIPD]

Contact me for a free consultation to discuss your training and team building needs

www.preferred-future.com | info@preferred-future.com | +353 (0)89 460 9718