

Performance & Wellbeing courses

Your comprehensive guide to best in class intensive, high quality performance and wellbeing training programmes



Dear Colleague

It's safe to say that the training landscape has experienced its biggest array of changes than at any other time in history. This has been both bad and good. Traditional models have been found lacking in this new environment, and new innovative models of delivery have evolved. The one thing that is clear is the customer deserves better.

JHCI is headed by some of the most experienced operators in the corporate training world. We set the business up to change the training landscape for the better.

So how do we do better? We focus on value creation across the training life-cycle, we customise everything to your specific needs, we provide support and advisory to help you integrate the learning, we have one of the most experienced faculties of subject matter experts any where in the world, we are experts at digital / virtual learning – we've been designing and running digital programmes for the last decade, we partner with universities and professional bodies to get accreditation where appropriate – oh and our fees are among the most competitive around!

We told you it was time for something better!

The JHCI Team

Why Partner With JH Consulting International?

- 1** All our trainings are built around the specific needs of your business and the groups being trained – everything we do is customised for you at no extra charge!
- 2** You'll be able to implement your new skills immediately – our courses are designed by practitioners for practitioners.
- 3** Our courses can be delivered via virtual platforms or delivered in person where it is safe and appropriate to do so.
- 4** We know how to make virtual trainings engaging, impactful and highly effective – don't waste your time with a boring trainer talking to a set of PowerPoint slides!
- 5** We are focused on creating value, by giving you the best possible training for the best possible price – we know our fees are better than our competitors, but so is our service!
- 6** You'll receive a level of service that is so unique you'll ask why other providers don't go the extra mile the way we do!
- 7** We have relationships with universities and professional bodies around the world and are able to secure academic accreditation where appropriate.
- 8** With five decades of international training experience under our belts, you can trust us to deliver.

Why learning with JHCI makes a difference!

JH Consulting International is multi-faceted training consultancy founded by two of the industry's most experienced operators. With over five decades of experience working with stakeholders at all levels at some of the worlds leading financial and corporate institutions from every continent, we are a firm that really has been in the trenches with our clients – our track record speaks for itself. Our approach to learning brings together best in class approaches and a blend of technical, performance and well-being resources that help our clients get the results they need.



Outstanding Faculty of Experts

Our faculty is comprised of some of the leading subject matter experts in their field. You'll benefit from learning content 100% applicable you your needs.

Engaging Learning Experience

We create learning experiences that are engaging , focused and state of the art. We embrace and utilize a range of platforms and tools to make sure you have an outstanding experience.

Content Customised to Your Needs

A one-size fits all approach to learning and training is a thing of the past. Our courses are all customized to the specific needs of each client, guaranteeing the results you need.

We Know What Works

With over five decades of experience in corporate learning and training, we have a depth of experience that other companies could only wish for. Our clients trust us to deliver.

Performance & Wellbeing Courses



- **Wellbeing** **Page 5**
- **Innovation & Transformation** **Page 6**
- **Communication Skills** **Page 7**
- **Presentation Skills** **Page 8**
- **Management Skills** **Page 9**
- **Leadership Skills** **Page 10**
- **Strategy & Planning** **Page 11**
- **Team Working & Building** **Page 12**
- **Sales & Sales Management** **Page 13**
- **ESG & Governance** **Page 14**



Wellbeing Courses



- Resilience for Managers
- Resilience for Staff
- Performance Nutrition
- Mental Health First Aid
- Combatting Anxiety & Worry
- Sleep Improvement Programme
- Mental Toughness Training
- Increasing Stamina & Energy
- Adjusting to Hybrid Working
- Menopause at Work
- Feeding the Executive Brain
- Leaders Mental Health Programme
- Building Stamina & Energy
- 8 Steps to Better Sleep
- Eliminating Fear & Negativity
- The Anxiety Paradox
- Sleep Better – Live Longer

Email info@JH-Cl.com to request detailed course agendas





Innovation & Transformation

- Innovation MBA
- Certified Innovation Facilitator
- Strategy & Alignment Workshop
- Customer Engagement Sessions
- Team Innovation
- Agile Team Working
- Design Thinking
- Innovation Sprint
- Certified Agile Leader
- Business Model Innovation
- Innovation Project Post Mortem
- 60 Minute Problem Solving Sprint

Email info@JH-Cl.com to request detailed course agendas





Communication Skills

- **High Impact Communication Skills**
- **Delivering Key Messages**
- **Communicating Change**
- **Team Communication Skills**
- **Virtual Communication Skills**
- **Effective Business Writing**
- **Media Communication Skills**
- **Cross Cultural Communication Skills**
- **Communicating Strategy**
- **Communicating as a Leader**
- **Non-verbal Communication**
- **Influencing & Persuasions Skills**
- **Communication & Conflict**

Email info@JH-Cl.com to request detailed course agendas



Presentation Skills



- High Impact Presentation Skills
- Team Presentation Skills
- Sales Presentations
- Board Level Presentations
- Roadshow Presentations
- Investor Presentations
- Presenting Under Pressure
- Virtual Presentation Skills
- Public Speaking Masterclass
- Presenting at Meetings
- Overcoming Nervousness
- Using Visual Aids
- Delivering Key Note Presentations
- Delivering Tough Messages

Email info@JH-CI.com to request detailed course agendas





Management Skills

- Effective Team Management
- Performance Management
- Coaching Skills for Managers
- Building Trust
- Managing Remote Teams
- Cross Functional Management
- Motivational Management
- Unconscious Bias
- Diversity & Inclusion
- The Managers Tool-kit
- Delivering Tough Messages
- Recruiting Top Talent
- Team Optimisation
- Influencing Skills
- Dealing with Conflict

Email info@JH-Cl.com to request detailed course agendas



Leadership Skills



- Authentic Leadership
- Leading with Integrity
- Inspirational Leader
- From Manager to Leader
- Agile Leadership
- Developing Vision
- Developing Trust & Commitment
- Leading in a Virtual Environment
- The Leader as a Mentor
- High Performance Leadership
- Strategy Decision Making
- Leading Complex Teams
- Presentation Skills for Leaders
- The Newly Appointed Leader
- Leading with Influence
- Communication Skills for Leaders

Email info@JH-CL.com to request detailed course agendas



Strategy & Planning



- Developing Vision & Strategy
- Strategic Planning
- Strategy Mapping
- Strategy Sprints
- Digital Disruption
- Effective Decision Making
- Strategy Skills for Managers
- Design Thinking
- Ideation & Innovation
- Communicating Strategy
- Strategic Thinking
- Strategy Execution

Email info@JH-CI.com to request detailed course agendas





Team Working & Team Building

- Managing Virtual Teams
- Team Motivation
- Dealing with Conflict
- Leading Through Change
- Team Innovation Sprints
- Collaborating Masterclass
- Building Inclusive Teams
- The Agile Team
- Leading High Performance Teams
- Improving Team Communication
- Building Diverse Teams
- Managing Team Performance

Email info@JH-CI.com to request detailed course agendas





Sales & Sales Management

- Virtual Selling
- Relationship Management
- New Business Development
- High Impact Prospecting Skills
- Creating & Communicating Value
- Sales Negotiation Skills
- Sales Management
- Sales Coaching
- Managing Complex Sales
- Virtual Sales Management
- Account Planning
- Sales Strategy Development
- Account Management
- Sales Call Planning
- Developing the Sales Mind

Email info@JH-Cl.com to request detailed course agendas



ESG & Governance



- Introduction to ESG
- Preparing ESG Reports
- Board Governance
- Sustainable Business
- Senior Managers Regime
- Conduct & Culture
- Board Facilitation
- AML Obligations
- Understanding Climate Risks
- Extinction Accounting
- Sustainable Finance
- ESG Messaging

Email info@JH-CI.com to request detailed course agendas

