

**MAN 1:** Is there some things we can do with the central nervous system, in terms of mood?

**MAN 2:** So you'd better make sure it's a performance you want to talk about.

**MAN 3:** If you say to people-- they're going to get stressed.

**WOMAN:** As a sports journalist and a broadcaster, I'm in the heart of the communication business. Communicating well is absolutely central to what I do, whether it's with the written word or the spoken word.

**MAN 4:** That's an absolutely vital part of your job, isn't it?

**WOMAN:** Yes, it is. It's absolutely vital that we communicate as well as we can to elicit or convey a truth, whether we're working in teams, or whether we're working with other individuals. Communicating well-- you stand and fall by how you do that.

**MAN 4:** Now, I'm from a teaching and coaching background. And it goes without saying that how you say things really matters. Now, what I mean by that is, it affects the outcomes of what you're trying to achieve.

So Sue and I have learned through experience. If you want to accelerate your learning from experience, and refine the way in which you influence other people, then this course is for you. I promise you, it's a really engaging experience. So do take a closer look.