



# Chris Helder eVideo Program

Chris Helder creates leaders and sales people with impact. Utilising the Power of Influence he provides insightful tools to guarantee increased results and sales in the new 'E-wall' reality. From leading a team, to winning that career making account, discover the keys to influencing yourself and those around you.

## Keep the Momentum Moving

Changing and creating new habits is process, If you're looking to cement new habits, keep the messages alive months post event, or provide practical tools in a format that's easy to access and share. Chris Helder has created a series of eVideos to support you in making sure change happens:

- Facts!**
- ▶ It takes on average 21 days to cement a new habit for an individual or team.
  - ▶ Two days following a presentation, most delegate's recall only 25% of what they heard, diminishing to less than 10% after five days.
  - ▶ 58% of adults prefer to access learning materials online or on their Smart Device.
  - ▶ Video content is more likely to be shared amongst peers and revisited multiple times.

This video program can be either emailed directly to your delegates, shared by Managers, used as a team coaching tool or posted online as part of your intranet or internal learning portal.

### How long do we have access to the program?

You have unlimited access to the videos once they have been received, so participants can revisit the tools as often as is required.

### How many people can be given access?

The price includes delivery of the video files, which can be distribute as you wish to delegates or posted on an internal intranet.

### Can we use the videos in other capacities?

Absolutely, once you have the received the videos they are your tools to use for coaching, staff training or ongoing learning.

**The seven part motivation injection covers the key topics of:**

### 1. Understanding The Art of Good Conversation

Small talk going nowhere? With your pen at the ready note Chris' F.O.R.D formula. Use this tool to achieve the ultimate conversation and have people open up, share and be vulnerable. Perfect your networking skills & take them to the next level.



### 2. Positive, Positive, Positive, Negative

Get people to take action with and follow you with this tool of influence. Be the ultimate leader and create a collaborative and cohesive team with everyone working to the same outcome. Constructive leadership skills at their best.



### 3. Timeline Mastery

Are you on target to what you want to achieve? Master your timeline and gain great clarity on moving towards where you want to go. What is it you need to achieve to reach your sunset?

### 4. Chunk Up

Getting bogged down by the little things? Losing focus of the big picture? Chris will let you in on a way of thinking that will help you stop 'Chunking Down'. By 'Chunking Up' you will start to find the answers and not get bogged down in the small stuff.

### 5. Act As If

Do you find that you are always waiting for a moment in time where there will be a GO button for change? Example: 'Diet starts on Monday'. In this video Chris will teach you how to Act As If you are already that leader/parent/partner/friend that you want to be.

### 6. Reading Body Language

Only 7% of our communication is words, 38% of our communication is tone & 55% of our communication is body language. Chris will re-enact and help you decipher the body language of those around you to ensure you have them engaged and listening to your every word.

### 7. Colours: Red, Yellow, Aqua, Blue

Red, Yellow, Aqua, Blue - Listen and understand the four "types of people" at your workplace. This is a fun look at why people are different and how to influence each different type of "personality".