

# 100% HUMAN

## Building strong rapport through virtual togetherness

Virtual working has not only limited our capacity to build and maintain relationships but has brought to light gaps in our communication systems that lead to misunderstanding, decreased empathy, conflict and frustration. With remote-working set to continue, mastering relationships remotely will become a key skill to gain respect, positively motivate and foster a connection with colleagues.

Join us in an interactive and playful workshop to learn how can we improve the way in which we relate to each other and connect deeper while being remotely.

We will draw on neuroscience, psychology, and contemporary performances to take you on a journey of exploration, shake up your beliefs, bring you back to the present moment and help you create practical action plans. We will explore a range of communication styles and how to overcome factors that cause disconnection, misunderstanding or conflict.

Key benefits:

- Explore communication traps from the virtual world and unintentional micro-habits that cause disconnection, discomfort, and conflict
- Explore different communication styles and the most common factors that cause misunderstanding when remote or flexi-working
- Learn how to use resonance, presence and respect to create a sense of virtual togetherness

## PHILIPPA SPENCER

**Chartered Psychologist**  
**Doctorate (DPsych) Counselling, MSc Counselling**  
**Psychology, BSc Hons Psychology**

Philippa Spencer is a Chartered Psychologist with extensive experience as a trainer and clinician. During the past 20 years she has worked for both the Public and Private sectors where she has developed excellent training and consultancy skills which are all underpinned by sound psychological theory. She has held various roles within the NHS and charitable sector.

Philippa has a longstanding interest in employee wellbeing and has been involved in the delivery of Cognitive Behavioural Therapy workshops for many years. She has worked with a range of professionals across sectors and is imaginative and creative in her style. Her particular areas of interest are Mental Health Awareness, Resilience, Stress Management and Preventing Bullying in the Workplace.

She is trained in a variety of psychological models meaning she can tailor interventions to meet the specific needs of each individual and has particular skills in using Cognitive Behavioural Therapy.





## Register here:

When: May 12, 2021 10:00 AM London

Register in advance for this meeting:

<https://zoom.us/meeting/register/tJEqcOCgrzMoEtGv3h9xv6GzaMK8BxbYoRsE>

After registering, you will receive a confirmation email containing information about joining the meeting.// please let us know what changes you would like us to make to the email.