



## HOW TO 'LEVEL UP' YOUR IMPACT ON THE COMMUNICATION SKILLS TOPIC OF YOUR CHOICE

**FOR BUSINESS PROFESSIONALS, LEADERS & YOUR TEAMS**

**HELPING YOU TO BE MORE  
CONFIDENT - EFFECTIVE - RESILIENT & MEMORABLE**

With a much needed injection of MOTIVATION & ENERGY  
c/o me Chris Grimes - Your “MoJo Coach” in Residence!

**WITH THE OFFER OF SOME 1:1 (OR TEAM) COACHING: TO HELP 'LEVEL UP'  
YOU AND YOUR TEAM'S COMMUNICATION SKILLS FROM "GOOD TO GREAT"**

Personal Impact is the “*afterburn...*” of you. What is it truly like to be “in relationship” to you? When you’ve left the meeting, the building, the Zoom Room, the interaction - what do you leave behind?

We all make CHOICES perpetually pertaining to our Physical Presence & our Vocal Presence. And we do this day-to-day, moment-to-moment, interaction-to-interaction. And borrowed from the Actor’s canon, its about a ‘map and a methodology’ whereby I can help you to be really CLEAR: How are you coming across? And how do others truly perceive you?

Introducing my new ‘Level Up’ Programme - involving Training + 1:1 Coaching (and/or specific interventions of “Spot Coaching”) helping you & your Teams to MEASURE and

to be much more SPECIFIC about your IMPACT, helping you to be DECISIVE & CLEAR about the choices that you make.

### ABOUT YOU:

Do you often feel that you - your Team - or particular individuals within it - could be more IMPACTFUL + EFFECTIVE in how you generally “turn up” to your day-to-day, moment-to-moment interactions at work?

Are you and your Team perhaps feeling a bit “MoJo Depleted” or “Zoomed Out” after the relentlessness of the last year of Home Working?

Would you therefore like to experience a much needed injection of “MoJo Restoration” & ENERGY, as you re-enter the New World Order of “Hybrid Working”?

### MORE ABOUT YOU:

- \* Would you like to be Clearer when communicating?
- \* Would you like to be a better, more confident Presenter?
- \* A better Storyteller?
- \* Or a better Influencer?
- \* Would you like to know how to be more Assertive and get more of what you want?
- \* Would you like to be more EFFECTIVE in meetings?
- \* Are you perhaps feeling a bit “stuck” at the moment and would therefore like to get some Clarity on how to get to “where next?”
- \* Would you like to know more about the specific QUALITY of your Personal Impact or your Presence?

**If you’ve answered “Yes!” to any of the above - then I can definitely help  
c/o my new ‘Level Up’ your IMPACT Programme.**

## ABOUT ME:

I'm **Chris Grimes**: I am a highly experienced and versatile Communication Skills Facilitator & Coach.

I'm a Drama Teacher, Actor and a Comedy Improvisation Performer by training & background. I combine all 3 performance disciplines and apply them directly to what has been described as being my "powerful & compelling approach" to Communication Skills Training & Coaching.

## MY DIFFERENTIATOR - WHAT 'SETS ME APART':

Storytelling - and my use of humour in particular - is what definitely 'sets me apart' to make your Training & Coaching experience with me more memorable, enjoyable and EFFECTIVE.

As an Actor, I am the Artistic Director of the Bristol based & highly acclaimed Comedy Improvisation Company, INSTANT WIT [www.instantwit.co.uk](http://www.instantwit.co.uk) + [www.chrisgrimes.uk](http://www.chrisgrimes.uk)

I'm also the Author & Presenter of "The Good Listening To Podcast" - with me Chris Grimes! So called - because "giving you a damn good listening to" is what Coaching - after all - is all about!

Listen here:  <https://thegoodlisteningtopodcast.buzzsprout.com> 

## HOW I CAN HELP:

I have 21+ years of multi-organisational experience and a super-objective perspective: So you get to **CHOOSE** which specific aspect of your Communication Skills that you or your Team would like help to 'Level Up' on.

Here are just some of the ways I can help:

### MOST POPULAR

#### LEVEL UP FOUNDATION ESSENTIALS

- \* Personal Impact
- \* Presentation Skills & Voice
- \* Handling Nerves & Stress
- \* Clarity of Communication
- \* Confidence & Mindset
- \* Productivity: Focus, Time & Energy
- \* Perfecting Your Client Pitch

#### LEVEL UP PROFESSIONAL DEVELOPMENT

- \* Networking
- \* Influencing
- \* Personal Brand
- \* Assertiveness
- \* Self Advocacy
- \* Emotional Intelligence
- \* Presence
- \* Resilience
- \* Effective Teamworking
- \* Navigating your Second Curve: Clarity on how to get to "where next"

#### LEVEL UP ADVANCED LEADERSHIP

- \* Executive Presence
- \* Leadership
- \* Gravitas & Authority
- \* Storytelling & the Use of More Humour
- \* Managing/Leading Through Change & Transition
- \* Political Intelligence: Navigating Office Politics
- \* Managing & Motivating Remotely

## TESTIMONIALS

*“Why I work with Chris is that he transforms people. He turns people who can’t communicate into people that can”*

TAMAR HUGES, HEAD OF LEARNING & DEVELOPMENT, PHOENIX GROUP

*“The best training I’ve ever had! It was relevant, helpful, interesting, compelling, fun and very well delivered. Looking forward to the 1:1 session!”*

SELF ADVOCACY PROGRAMME FOR WEBGAINS

### IN SUMMARY:

I’m Chris Grimes. I help you - Business Professionals, Leaders & your Teams to Communicate Better: So that you can get much more of ‘what you want’ in your career progression, through the enhanced quality of your Communication Skills.

I am knowledgeable - experienced - energetic - funny & engaging.

In a nutshell: I’m versatile, here and happy to help - as your “MoJo Coach”/Spot Coach in Residence - with with all things Clarity, Direction, Motivation & Purpose.

Why not get in touch to find out more?

My Communication Skills Training & Coaching Company is called **Second Curve**

[www.secondcurve.uk](http://www.secondcurve.uk)

Here’s how to contact me:

### CONTACT:

E: [chris@secondcurve.uk](mailto:chris@secondcurve.uk)

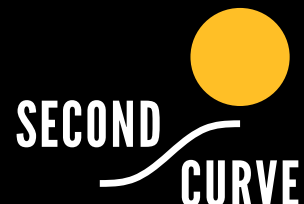
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# Chris Grimes

Coach. Facilitator. Motivational Comedian