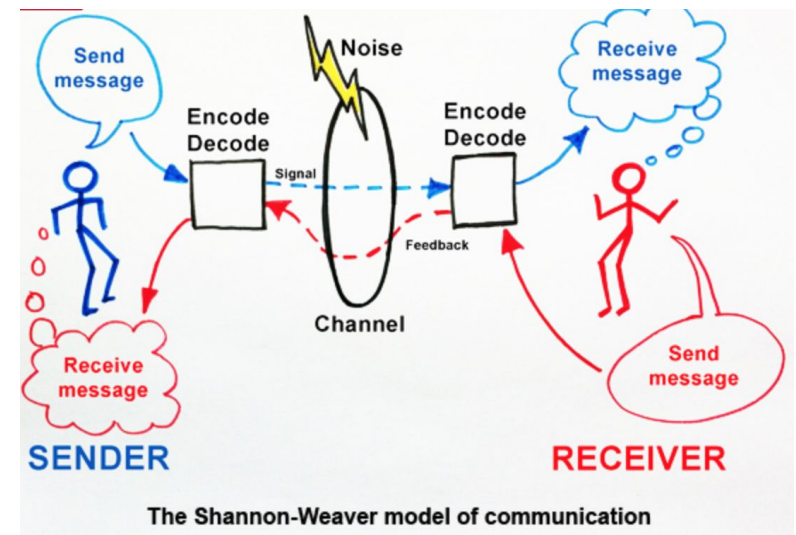


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## Contact Us

Kelliegh Jackson  
[action@wellnessleaders.com](mailto:action@wellnessleaders.com) /  
[contact@eyesfront.com.au](mailto:contact@eyesfront.com.au)  
[www.eyesfront.com.au](http://www.eyesfront.com.au)

# Eyes Front Limited

ABN: 15632358760

**The International Institute of First Responders  
and Peer Support**

ABN:



## Veteran Wellbeing Summit

<https://www.veteranwellbeingsummit.com.au/>

**AGENDA – Wednesday 14 August – Saturday 14 September 2019**

<https://www.veteranwellbeingsummit.com.au/summit/>

# CONNECTION MASTERY - JD

The impact my clients have had from attending Connection Mastery workshops include:

- ✓ Noticeable improvement in morale and productivity
- ✓ Reduce stress levels, improved individual and team performance
- ✓ Happy and satisfied employees who want to be at work
- ✓ Employee empowerment resulting in improved communication, collaboration and innovation

Teaching people where and how they can take responsibility for changing their circumstances at home and in the workplace leads to self-satisfaction, increased happiness, and a greater sense of awareness around how individuals and teams can directly influence workplace well-being.

I also coach 1 on 1. The sessions are highly personalised with tasking and support targeted at enabling the client to obtain powerful results for themselves, which always has a significant flow on effect in the workplace.

✉ [coach.justine.dean@gmail.com](mailto:coach.justine.dean@gmail.com)

If you are interested please contact Justine above, or Kelliagh at [contact@eyesfront.com.au](mailto:contact@eyesfront.com.au).

## Our Presenters

### Kelliagh Jackson



Kelliagh completed a 22 + year career in the ADF in 2018. Her passion is to create aware, informed and safe peer to peer support communities. In 2019 she founded Eyes Front and The International Institute of First Responders and Peer Support. She completed Masters of International Law in 2013, Masters of HR and IR in 2017 and Grad Cert Coaching Psychology in 2017.

### Justine Dean – Connection Mastery



I am passionate about teaching people how to understand themselves and others. I have been a Relationship & Connection Specialist for many years within various industries. I work with Businesses to unlock their team's potential by empowering individuals with an understanding of how their brains are wired for communication and connection.

## Kelliegh Jackson links

<https://www.linkedin.com/in/kelliegh-jackson-5b2aa715/>

<https://www.facebook.com/kelliegh.edmonds>

<https://kellieghtonirvana.wordpress.com/>

[action@wellnessleaders.com.au](mailto:action@wellnessleaders.com.au) / [contact@eyesfront.com.au](mailto:contact@eyesfront.com.au)

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*“You have to love yourself enough to set a standard for your life that you’re unwilling to compromise. If you accept the standards of others for your life, you’ll never be happy.” – Tony Gaskins*

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eyesfront

## What is Connection Mastery?

- What is Connection Mastery? *A live interactive workshop focussing on teaching participants about how people’s brains are wired differently for communication and connection.*  
*<https://www.linkedin.com/in/justine-dean-coach/>*
- What can organisations and people expect to achieve?  
*Insight into how best to connect with, motivate, inspire and support anyone you have interaction with.*
- Who should do the workshop? *Organisations, families, workforce and sporting teams, individuals*
- For veterans looking to go to the civilian workforce, how could better understanding of their communication models assist them? *Comfort around self-expression, confidence with integrating into a new work situation.*



## What is communication process?



**“Transmission of a message from a sender to a receiver in an understandable manner.”**

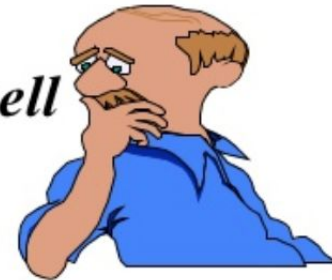
- The communication process is a guide toward realizing effective communication.
- Effective communication leads to understanding.

# Communication is a series of experience of

*Hearing*



*Smell*



*Seeing*



*Taste*



*Touch*



# Meaning and definition

## **Meaning-**

Effective Communication is a two way process – sending the right message and to the right person.

It is important to know the psychology of the people you are interacting with for communication to be effective.

For communication to be effective it is necessary to know the circumstances of the counter entity.

Effective communication includes all the aspects of visual, auditory and kinaesthetic language to appeal the listener.

## **Definition-**

“Effective communication is the communication which produces intended or desired result”

## The 7c's of effective communication

1. Completeness
2. Conciseness
3. Consideration
4. Clarity
5. Concreteness
6. Courtesy
7. Correctness.

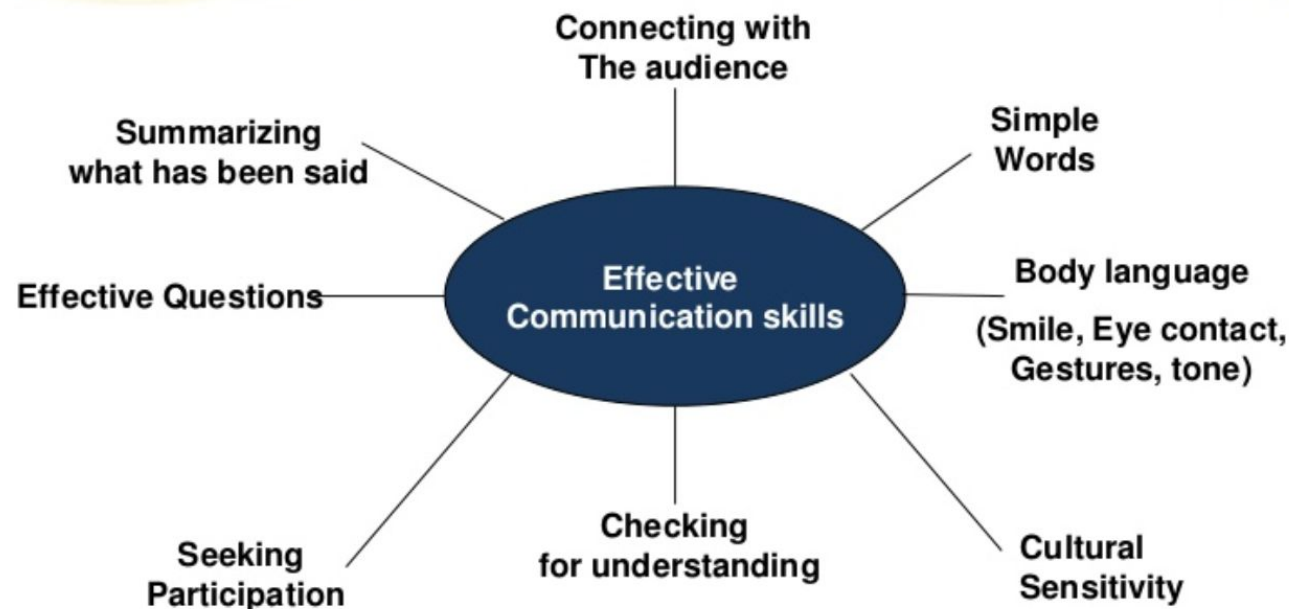
## Benefits of Good Communication

Good communication can:

- Reduce conflict
- Strengthen relationships
- Help people adopt ideas
- Increase productivity
- Improve quality of work
- Create a positive and trusting work environment



## Over coming the barriers of effective communication






# 24 SUPPORT LINES


24Hr CRISIS SUPPORT ^

**OPEN ARMS**  
Veterans & Families Counselling

☎ **1800 011 046**  
Veterans & Families Counselling

 Australian Government  
Department of Defence

☎ **1800 628 036**  
Mental Health All-hours Support Line

 **Lifeline**

☎ **13 11 14**  
Lifeline Australia

**1800RESPECT**

☎ **1800 737 732**  
National Sexual Assault, Domestic and Family Violence Counselling Service

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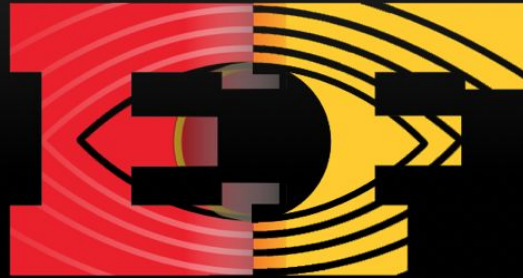
**OPEN ARMS**  
Veterans & Families Counselling

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<https://www.veteranwellbeingsummit.com.au/summit/>

#VWS2019





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