

# HITT SESSIONS

HIGH IMPACT INTERACTIVE TRAINING  
90 MINUTE SESSIONS



DECISION MAKING  
SKILLS

LISTENING  
SKILLS

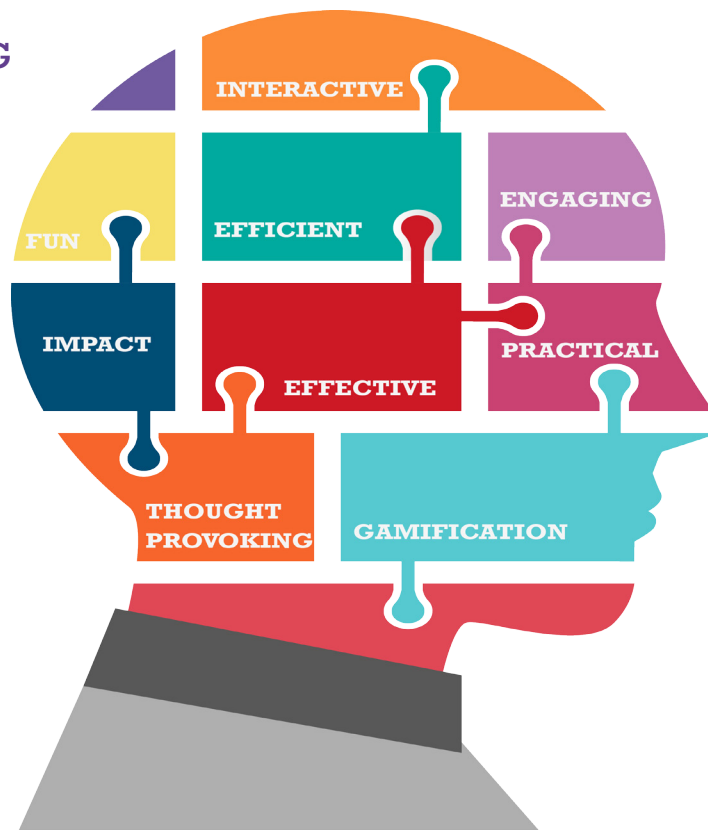
QUESTIONING  
SKILLS

NEGOTIATION  
SKILLS

ASSERTIVENESS  
SKILLS

PRESENTATION  
SKILLS

EMOTIONAL  
INTELLIGENCE  
SKILLS



TEAM BUILDING  
SKILLS

DELEGATION  
SKILLS

COACHING  
SKILLS

PROBLEM SOLVING  
SKILLS

INFLUENCING  
SKILLS

MOTIVATIONAL  
SKILLS

GIVING GOOD  
FEEDBACK  
SKILLS

## THE POWER OF 90 MINUTE HIIT SESSIONS

Our HIIT sessions are 90 minute, impactful, focused sessions which take full advantage of the delegate's optimum period of concentration. The beauty of the HIIT session is that it's a brief, but highly memorable experience. One that inspires people to start implementing new ways of working right away. Delegates emerge with a raised energy level that remains with them for the rest of the day.

The Arhine training experience is inspired by the dynamism and psychological emphasis that is so crucial in sports training, and combines it with qualified business expertise. You could say we create business training with a sporting, competitive edge. For more details and a full list of sessions please contact us.