



THE NATIONS TOTAL ENGLISH PROGRAMME

Learning by Doing

The Nations Total English Programme is an immersion training programme exclusively for professionals, which is **speciallly structured to maximise performance in English in the minimum of time.**

Developed over 30 years, **The Nations Total English Programme** provides more than 60 hours of working and living in English each week.

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The Nations Total English Programme

Executive Summary

Individual coaching is at the heart of The Nations Total English Programme. **Professional skills performance and language needs are worked on in 1 to 1 sessions.**

In addition, the individualised coaching is developed and enriched through:

- ✓ Group sessions, which test improved performance in English in areas such as **negotiations, conference calls, presentations, argumentation and other soft skills**, as appropriate
- ✓ Language and intercultural evening workshops and dinners – **working on communication skills across cultures**
- ✓ Working lunches – **networking and socialising**
- ✓ **Personalised recorded audio feedback** each day throughout the training
- ✓ **Guided self-study and consolidation** – integration of model/target language during your stay
- ✓ A stimulating and enjoyable social programme, including a trip to the **beautiful South West Coast of Ireland**

The Nations Total English Programme has been in place for over 10 years. It comprises:

24.5 hours of individual ‘coaching’ to analyse, develop and consolidate the individual’s competencies in English

20.5 hours in professional group activities to benchmark performance

16 hours in informal situations to optimise socio-cultural skills in English

On the following pages you will find full information on all aspects of The Nations Total English Programme.



Some of our Clients

Nations is the trusted training partner of many of the world's leading companies and organisations. **Since 1978, over 10,000 participants have found our training courses practical, effective and results-driven.** We have developed strong working relationships with our clients over the years, with **90% of our business coming from existing clients.** Below are some of the companies who have chosen Nations as their training partner for over 5 years.



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The Nations Total English Programme

Over 60 hours of working and living through English each week

Pre-training analysis & preparation

This analysis identifies your individual goals and the specific areas you need to focus on during your training. The pre-training analysis also helps us plan which of our trainers are best suited to help you achieve these goals. The success of your training programme is largely determined by the expertise and personality of your training team. **There is no substitute for experienced and highly competent trainers. Our trainer team has, on average, 12 years experience with Nations.**

Programme structure

1 to 1 coaching

Daily personalised training sessions focus 100% on your individual needs. **They prepare you for situations that you will encounter in real life.**

Performance development group sessions

You will be challenged to put into practice what you learn in your individual training. A range of simulated situations are organised in areas such as **negotiations, conference calls, argumentation, presentations** etc. Many activities are recorded for improved feedback and analysis.

Language and intercultural workshops

As an international professional you need to be able to **communicate effectively with people from different cultures.** Our language and cultural sessions are designed to help you become more successful in English in a wide range of day-to-day situations relevant to your job.

Personal audio feedback

Each day you will be provided with a personalised recording of the key expressions you worked on during your 1 to 1 training. This can be listened to each evening and is an excellent source of revision material. This helpful recording acts as **your own personalised language course when you return home.**

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We challenge and work you hard during the course, but in a stimulating and relaxed atmosphere

Working lunches/dinners & socialising

A variety of daily activities are organised to help you become more comfortable and confident when **networking and socialising** in English. These include working lunches, evening dinners and informal social outings. The language skills you develop here will help **you become very comfortable and confident** when meeting or hosting international visitors.

Guided self-study and consolidation

This allows for **the integration of model and target language** worked on during the training programme.

Development of a future training path at the end of the Programme

Before leaving Ireland, your trainers will develop **an on-going learning strategy** to help you maximise the benefits of your training. Together you will set targets and objectives to ensure continued development.

Saturday excursion

On Saturday, if you choose, you will have the opportunity **to visit some of the most beautiful locations on the South West Coast of Ireland**. The excursion is an ideal opportunity to practise your English in an informal way with a member of the Nations team.

Post-course feedback & support

We offer a system of post-course support to all participants. When you return home, Nations will send you **a detailed training evaluation**. **This evaluation details your overall performance** (based on the Common European Framework scale) and makes recommendations and suggestions for continuing training if necessary.

Nations can also provide distance learning programmes that combine telephone training, emails and conference call simulations.

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20.5 hours in professional group activities to benchmark performance.

16 hours in informal situations to optimise socio-cultural skills in English.

Day/Times	
<i>Monday</i> 09.00*-12.20 12.30- 14.00-16.00 16.00-16.30 16.30- 17.45	<i>1 to 1 coaching</i> Working lunch in mini group with trainer <i>1 to 1 coaching</i> Guided self-study Welcome reception
<i>Tuesday</i> 08.30-08.50 09.00-12.20 12.30- 14.00-16.00 16.00-16.30 16.30-20.30	Review of daily newspapers <i>1 to 1 coaching</i> Working lunch in mini group with trainer <i>1 to 1 coaching</i> Guided self-study Language and intercultural workshop followed by dinner with trainer
<i>Wednesday</i> 08.30-08.50 09.00-12.20 12.30- 14.00-17.00 17.00-17.30 18.30-22.00	Review of daily newspapers <i>1 to 1 coaching</i> Working lunch in mini group with trainer Performance development workshop (video analysis) Guided self-study Social evening programme with trainer
<i>Thursday</i> 08.30-08.50 09.00-12.20 12.30- 14.00-16.30 16.30-17.00 17.00-21.00	Review of daily newspapers <i>1 to 1 coaching / Conference Call (recorded analysis)</i> Working lunch in mini group with trainer <i>1 to 1 coaching / Presentation session (video analysis)</i> Guided self-study Language and intercultural workshop followed by dinner with trainer
<i>Friday</i> 08.30-09.00 09.00-12.20 12.30- 14.00-15.30	Focus group meeting <i>1 to 1 coaching</i> Working lunch in mini group with trainer <i>1 to 1 coaching / Development of individual training path</i>
<i>Saturday</i> 09.00-18.00	Outing with trainer

*Introduction with Course Director (15-20min)



Why Choose Nations

Value for money

Our immersion training is fast, effective and motivating. You will achieve your learning objectives in as short a time as possible. You won't have to wait months or years to make real progress. **As you get maximum results in the minimum of time, it is extremely cost-effective.**

The training team

The success of a training programme is determined by your motivation and the quality, expertise and personality of your training team. **There is no substitute for experienced and competent trainers.** Our training team has, on average, 12 years teaching experience with Nations.

Our experience and expertise

Nations is the trusted training partner of many of the world's leading companies and organisations. Since 1978, over 10,000 participants have found our training courses practical, effective and results-driven. We have developed strong working relationships with our clients over the years, **with 90% of our business coming from existing clients.**

Our commitment and concept of service

By working with Nations you have made a major commitment to mastering English. We guarantee you and your organisation that we will provide high quality training solutions to ensure maximum results. **We are committed to providing you with a first class, professional service before, during and after your training.**

Cork/Ireland

Ireland is a relaxed, friendly and welcoming country, open to influences from America, Britain and Europe. Cork, situated on the South West Coast, is a university town, and was chosen as the 'European Capital of Culture' in 2005. **It was also chosen by *The Lonely Planet Guide* as one of the world's top 10 city destinations for 2010.** It is an ideal location in which to take a break from your busy professional life.

Cork International Airport **is located approximately fifteen minutes from the city centre and provides direct flights to and from many European destinations.**

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Accommodation Options

Non-residential immersion

Learning English in an English speaking environment means being exposed to real life situations, with and without the support of a trainer. That is why participants on a Nations course are **not in a restricted residential environment**.

In general, participants on our programmes choose between hotel, bed & breakfast or accommodation with one of our selected host families. Once you decide which option best suits your needs, Nations will do all the organising for you.

Due to the fact that The Nations Total English Programme provides over 60 hours of working and living in English each week, there is no difference between any of the above options in terms of your progress in English. One way or another you will be immersed in English all day.

Hotels

- ✓ Choice of 3 and 4 star hotels located in Cork city centre
- ✓ Internet access available
- ✓ Access to gym, swimming pool, sauna etc.

Bed & Breakfasts

- ✓ Small hotel style accommodation
- ✓ 10 -20 minute walk from city centre
- ✓ Internet access available

Host families

- ✓ Airport collection on arrival
- ✓ Full board
- ✓ Transport to training centre each day
- ✓ 10 -30 minutes from city centre



Nations Philosophy

Since Nations began over 30 years ago, certain key values have influenced our approach to business:

- ✓ A commitment to our clients, based on building a long-term partnership
- ✓ Delivery of top quality training in an enjoyable and stimulating atmosphere
- ✓ Fast, adaptable and flexible response to clients changing needs
- ✓ Pleasure in giving top quality total service

Choosing Nations as your training partner guarantees you and your organisation a first class, professional and personalised service.

By working with Nations Ireland our clients have made a major commitment to mastering English.

It is our responsibility to provide a programme that ensures maximum results.
English training at Nations Ireland is a means to mastering English once and for all.

Thank you.



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