

The Nations Total English Programme Range / 2019

A range of immersion programmes engineered to improve communication, performance, confidence and intercultural effectiveness in English - **FAST**.

The Nations Total English Programme's unique structure, illustrated in the graph below, helps you **create, develop and maintain successful business and professional relationships** with clients and colleagues in English.



The Programmes are delivered in our Centre in Cork, Ireland, and are available in 3 versions: **Super Intensive**, **Intensive** and **Extended**. All 3 are based on the unique structure of The Nations Total English Programme - **the difference is the number of 1 to 1 coaching hours**. You can start the programme at any time that suits you.

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Programme	1 – 1 Coaching	Group Workshops	Guided Self-study	Prices Wk 1	Prices Wks 2+
Super Intensive*	24.5 hours	20.5 hours	1.5 hours	€ 2790	€ 2590
Intensive*	20 hours	20.5 hours	4 hours	€ 2590	€ 2390
Extended*	15 hours	20.5 hours	8 hours	€ 2390	€ 2290

All hours are full 60 minutes, not "units" of 45 minutes

Nations training fees per week include:

Pre-training analysis and preparation	Nations pedagogical packs / eBooks
The training itself	DVD recorded feedback
Personalised audio feedback /smartphone	Socio-cultural programme
5 working lunches	Support services Wi-Fi/ refreshments
Post-training feedback and support	

Company group versions of the programme are also available which can include work on team building and soft skills. We also offer individually tailored 1 to 1 coaching options of a duration and intensity of your choice.

Please contact us for a proposal.

"An English Communication immersion training that delivers real results requires an excellent programme, engineered and structured to improve real business communication skills in English, an experienced trainer team who knows how to work successfully with business professionals and first class service so that all participants are able to concentrate fully on their training. Nations Ireland, our partner since 2000, delivers in all these areas - 100% of the time!"

Gerhard Niedermair, Siemens AG, Corporate Human Resources

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Executive Summary

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

Your individualised coaching is developed and enriched through:

- ✓ **A permanent feedback loop between the 1 to 1 and group sessions**
- ✓ Group sessions, to benchmark and improve performance in English in areas such as **negotiations, conference calls, presentations, argumentation and other soft skills**
- ✓ Language and intercultural evening workshops and dinners – **working on relationship building and communication skills across cultures**
- ✓ Working lunches – **networking and socialising**
- ✓ **Recorded daily audio feedback** to create your own personalised communication programme
- ✓ **Preparation and consolidation** of model/target language during your stay



*"Nations has been a skilled and experienced partner for UniCredit AG Germany for many years. **In our company we call the training in Cork the "Crème de la crème of training abroad"**. We especially appreciate the individuality and the excellent service. This is also the view of our employees, from whom - without exception - **we have received exclusively excellent feedback.**"*

Silvia Steinhage, UniCredit Global Business Services
Training-Management/Language Training

Some of our Clients

Nations is the trusted training partner of many of the world's leading companies and organisations. **Since 1978, over 12,000 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.

