

Alignment Transformational Sessions



Acceptance through rapport

1. **What is rapport?**
2. **Understanding actions from rapport**
3. **Building rapport**
4. **Breaking rapport softly**
5. **Mirroring and matching**
6. **People around you**
7. **Understanding flexibility**
8. **Trying different strategies**
9. **Sensory language**
10. **Practical reflections**
11. **Getting someone's attention**
12. **How to respond through acceptance**