



4D Human Being are experts in, and passionate about communication skills, personal impact, leadership development, team dynamics and WellBeing. [Find out more.](#)

4D On Demand is our carefully designed, comprehensive suite of digital training. Bringing you the unique 4D training at home, at your office or at your desk. Whether for you, your team or your whole organisation the 4D suite of interactive training & development is now even more accessible to even more people. World-class training with world-class results brought directly and digitally to you wherever and whenever you choose.



4DOD SERIES

GOAL

MODULES

4D Impact



Unlock the power of body language, personal energy and intention to consciously manage and create the impact you choose every-day.



- The 4D2C Model
- 4D Physical Impact Level 1
- 4D Physical Impact Level 2
- 4D Personal Energy
- 4D Relational Energy
- 4D Intentional Impact
- 4D Grounding & State
- 4D Voice Impact



4D Presentation Skills



Learn the game-changing 4D presentation techniques to deliver engaging, clear and memorable presentations that truly inspire and motivate every time.



- Presentation Structure
- Captivating Content
- Slide Secrets
- Stage & Space
- Physical Focus
- Conquering Nerves
- The Virtual Venue



4D Storytelling



Craft brilliant, captivating stories to engage your audience and bring your presentations, meetings, ideas, projects and business visions bursting into life.



- The 4D Story Loop
- 4D Stickier Storytelling
- 4D Business Storytelling
- Inspiring with Vision



TO DEEPEN AND EMBED THE LEARNING:

Self-Reflection & Practice

- Core Tools
- Models
- Supporting Science
- Interactive Exercises
- Self Reflection
- Application
- Practice Worksheets
- Action Planner



Support Materials

- Homework Worksheets
- Infographics of Core Tools & Models
- Supporting 4D Articles
- 4D Podcasts
- 4D Video Library
- Further Reading, Video & Audio



Plus

- Unique Secure Participant Login
- Team/Org Community Chat Forum
- Participant Progress Chart, Badges & Course Certificates
- Full 4D Support



CLICK TO TAKE A LOOK AT YOUR 4DOD DIGITAL TRAINING EXPERIENCE

4DOD SERIES

4D Personal Profile



GOAL

Create, build and maintain a truly impactful, authentic, engaging and standout personal profile on paper, online, in person, in leadership and in life.



MODULES

- Your Personal Profile in 4Dimensions
- Internal Profile
- Physical Profile
- Confidence in your Profile
- A Profile with Purpose
- The Values behind your Profile
- Maintaining your Profile – Daily Habits
- The Power of Words
- Impactful Online Profile
- Living your Profile Everyday
- Reputation Repair



4D WellBeing



Optimize your personal & professional WellBeing in all 4 Dimensions so you, your team and your organisation can become more self-aware, self-caring, connected, resilient, re-motivated and ready for anything.



- WellBeing in 4D2C
- 4D Physical WellBeing
- 4D Physical Energy WellBeing
- 4D Emotional WellBeing
- The Ladder of WellBeing
- 4D Mental WellBeing
- 4D Setting & Space WellBeing
- 4D Relational WellBeing
- The Healthy Ego
- WellBeing Habits



4D Virtual & Hybrid



Manage and maximize your choices, leadership style and impact when working in a virtual and hybrid world to get the most out of yourself, your teams, your tech, your colleagues and your customers.



- Hybrid working in 4D2C
- The Hybrid Leader
- The Hybrid Set-Up
- 4D Hybrid Impact
- 4D Hybrid Energy
- 4D Hybrid Hosting
- 4D Hybrid Participation
- 4D Hybrid Tech



4D OnDemand is not just e-learning... it's 4D learning! Learning and development that is energising and engaging, interactive and impactful, passionate and practical, effective and enjoyable, and a whole lot of fun.

Contact us at: info@4dhumanbeing.com. We look forward to hearing from you.

