

Careers



Maximising Your Personal Brand

Most professionals are branded accidentally; which means they fail to capitalise on their strengths, and are held back by their weaknesses. This session invites you to think about yourself as a personal brand, and how you can start to communicate it.



Improving Your Work-Life Balance

Work through the core elements of what work-life balance is for you and leave feeling refocused, confident and in control! Learn to identify and overcome any self-limiting beliefs, communicate your boundaries and create a simple action plan.



Creating a Growth Mindset

Having a Growth Mindset has been shown to improve performance, communication skills, and leads to the development of personal resilience. A growth mindset culture supports wellbeing, team communication and the bottom line.



Goal setting for Results

In this workshop style session, you will learn the psychology of goal setting and gain the understanding of why aligning goals to your purpose is vital, as well as key exercises to help you set those goals for great results.



Mastering Difficult Conversations

This session will explore ways in which you can communicate your messages fairly, ensure the other parties are engaged and understand what action is required whilst maintaining a positive working relationship.



Beating Imposter Syndrome

This confidence-boosting session looks at what imposter syndrome is, and why so many of us suffer from it. It will look at how we can manage self-talk to build confidence, use self-coaching techniques, leave perfectionism behind and take more risks.

Families



Caring for Elderly Relatives

This Talk considers the challenges of keeping your needs, your children's needs and the needs of your ageing relatives in mind when dynamic shift as grandparents age, and our role shifts from child to carer.



Parenting in the Digital Age

Learn ways to navigate the fast changing waters of the internet whilst promoting mindful and productive use of a powerful tool, managing the risks, and ensuring balance in the real and online lives of your children.



Parenting a Child with SEN

This session will provide tips and guidance on all aspects of family life when your child has special needs. Including finding clubs and activities for the SEN child, sibling relationships, financial help and work related entitlements.



Positive Parenting Tools

As a parent, you face one of the most challenging (and rewarding) roles of your life. Learn three practical tools to help you put an end to exhausting power struggles with your children. Less meltdowns, no more guilt, and more harmony in your home.



Supporting Children's Mental Health

This session covers the varying things parents can do to support children's mental health including talking about it, listening empathetically, using emotional first aid skills, teaching coping skills and knowing how and when to seek help.



Understanding Teenagers

How does the teenage brain work? Why can teens be so challenging? Should you adjust your parenting style as your children get older? Find answers to these questions and learn how to communicate with teens for the best response.

Inclusion



How to Talk to Children About Race

How do we discuss race with our children? When is the right time to start? This session will address some of the most common questions on talking to our kids about race.



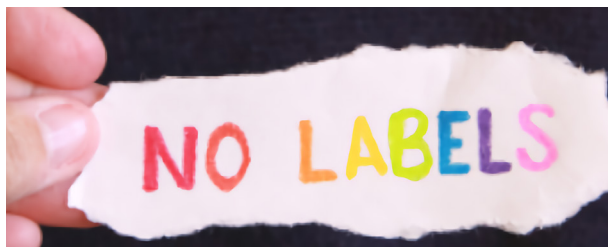
Neurodiversity: Valuing Difference

Are you curious to learn more about neurodiversity? Using examples from real life, this talk will give clear and practical strategies to raise awareness of and improve communication around neurodiversity.



How to Be an Effective Ally

Learn what it means (and doesn't mean) to be an ally, why it is so important, and how to be an effective ally.



Trans Inclusion in the Workplace

This session will examine the challenges transgender people face and how trans inclusiveness benefits business.



Understanding Intersectionality

What is intersectionality and why is it important? This session will examine what we mean by intersectionality, intersectionality and privilege and how to be an intersectional ally to create an inclusive workplace culture.



Cross Generational Communication in the Workplace

With most workplaces spanning across 4 generations, age diversity is more prevalent now than ever before. This session will provide an informed context to generational differences that will help you navigate them better in the workplace.



Overcoming Imposter Syndrome

Feeling like an imposter at work and constantly fearing being 'found out' can leave you feeling lonely, stressed and anxious. This Talk will increase your understanding of imposter feelings, explore some key strategies to overcome them and feel more in control.



Eating for All Day Energy

This presentation blends evidence based science, biochemical knowledge and clinical experience, to give you an in depth understanding of how the body produces energy and ways to sustain levels throughout the day.



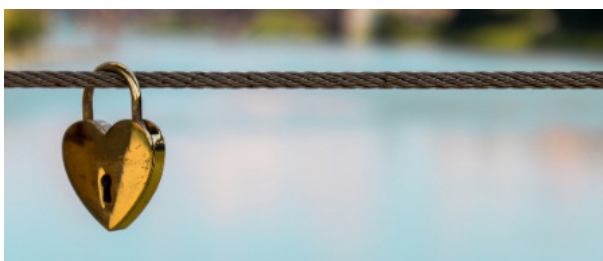
How to Thrive During the Menopause

Learn what happens to your body and brain during the menopause transition and the symptoms that you can experience. Discuss options for treatment to empower you to take control of your health.



The Key to Sustainable Positive Financial Habits

This talk will explore why positive financial habits are so important, how they can impact your wellbeing and how to develop positive financial habits.



Manage Stress and Avoid Burnout

Stress is a growing problem in the workplace and when left unchecked, it can lead to burnout. This Talk will enable attendees to understand the differences between stress and burnout and how to mitigate them using a range of practical tools and techniques.



Healthy Digital Habits

For many, digital working has resulted in blurred boundaries, always on working, video exhaustion and digital overload. This Talk will uncover practical tools and solutions to digital overload and create a healthy balance with technology.