



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.