

## **Workshops and Talks**

### **LIVE YOUR VALUES**

Our values are like our own personal GPS: when we are living them we feel energised and fulfilled; when we don't, we feel stuck and frustrated. In the day-to-day demands of life we can easily lose track of what fires us up, so in this interactive workshop you'll practice powerful and engaging methods to identify and reconnect with your values and to help others to do so too. Finally, you'll create your next steps in putting them into action.

### **HOW TO BE AN EMERGING LEADER**

Whatever your personal story of leadership, you are taking the first steps on a life-enhancing journey which promises to fulfil your potential. But, as with any meaningful journey, there are dangers if you don't actively consider who you are and who you want to be as a leader. In this talk, you'll discover how to use your values and sense of purpose to energise yourself and those around you, how to develop your range of leadership styles so you can successfully lead through any circumstances, and how to face storms and emerge even stronger.

### **HOW TO BE AN AUTHENTIC LEADER**

Leadership begins and ends with authenticity: it's being the person you are, the person you were created to be. Authentic leaders know their purpose, practice their values, lead with backbone and heart, form powerful connections, and are consistent. There is no one-size fits all leader. It starts and ends with you.

### **DEVELOP YOUR LEADERSHIP VISION**

Leaders need a clear vision. As leaders, we need to be aware of our own values and purpose—our sense of who we are and why we are doing what we are doing—and to be able to communicate it to others.

### **DEVELOP YOUR LEADERSHIP PRESENCE**

Leadership is about impact, about how you show up. Our presence affects the people you want to lead, and yet too often we remain unconscious of it, with the result that we embody a narrow range of leadership presence styles which limits our ability to respond effectively to changing environments. Too often we assume leadership operates from the neck up. In this talk, you'll discover how to embody pragmatic wisdom, grounded compassion and skilful

action to become more aware of your own sense of leadership energy and to expand your range into fuller, more confident leadership.

### **MAKE BETTER DECISIONS**

Learn what gets in the way of making good decisions and how to overcome internal and external obstacles so that you keep moving forward in life and work.

### **COMMUNICATE BETTER**

Everything is built on relationships, and the key to fostering good relationships is communication. Your ability to perform at peak depends on communicating well, and your career will depend on mastering it. In this talk, you'll discover how to inspire, engage and motivate others, how to manage difficult conversations without feeling overwhelmed, and how to use emotional intelligence to make your communication transformational rather than transactional.

### **MANAGE STRESS AND OPTIMIZE PERFORMANCE**

Stress doesn't always have negative effects. In fact we need 'good' stress to grow and to accomplish things. In this interactive workshop, you'll discover how to notice your stress level through a deeper awareness and observation of your natural responses. From there, you'll explore how to use strengths, resources and insights and practice strategies to reduce stress and anxiety in the short-term, which over the long-term, will build resilience and develop personal and professional growth.

### **BUILD RESILIENCE**

Life isn't fair. You're going to hit setbacks. Some people sink, some recover, and some thrive. Learn what it takes to grow when you hit those inevitable bumps in the road, and understand more about the fuel that creates and sustains your own personal resilience.

### **MOTIVATE YOURSELF AND OTHERS**

How do you keep facing every new day energised, and how do you motivate people who work with you to give their best? It might not be what you think.

### **SLEEP BETTER**

We seem to imagine that we're like our computers, and should be able to switch off at night and reboot in the morning. Truth is we're not and we can't. This workshop will help you not

only to sleep and rest better, but to use the power of your unconscious to solve problems, be more creative and increase your self-awareness.

### **TACKLING TIREDNESS & FEELING MORE ENERGISED**

If you're dragging yourself out of bed and using coffee cups to prop yourself up at your desk, this interactive workshop will help you identify and dial down the things that de-energise and de-motivate you, and dial up those that truly energise you at a deeper level. We'll also consider ways to use the latest discoveries in neuroscience to help you sleep and rest better, so that you get the most from your waking hours.

### **HAVE BETTER RELATIONSHIPS**

When our relationships go well life is more fulfilling; things run smoothly, possibilities open up, our positivity radiates out into the wider world. When relationships go wrong, few aspects of life hold the power to bring us lower faster. Whether with colleagues, friends, family or lovers, learn the key things you can do to improve your relationships and perhaps even become better, happier, wiser people in the process.

### **DEAL WITH YOUR INNER CRITIC**

You know that voice: the one that pops up to stick a pin in your self-belief when you need it most. Whether it's the voice that tells you that you're not good enough, the one that tells you you're getting a bit too big for your boots, or the one that stays up with you all night picking holes in your work, it's time to get a handle on those silent assassins once and for all and become more powerful in the process.

### **FEEL MORE CONFIDENT**

The first step to achieving anything is to believe that you're capable of it. Learn how to get out of your own way and deal with anxiety so that you can tone up your self-belief and positivity.

### **DEAL WITH IMPOSTER SYNDROME**

It's a curious psychological phenomenon common amongst high achievers that many don't believe they can own their accomplishments and accolades, fear being exposed as a fraud, and worry about being rejected by others if they show pride in their achievements. If left to run riot, Imposter Syndrome can lead to anxiety, self-sabotage, burnout and depression. Get up close and personal with this saboteur and discover not only how to get a handle on it, but how to use it to increase your personal power.

**MAKE THE MOST OF YOUR TIME**

Time management is the holy grail of our busy lives: with so many competing demands, how can we get everything done? In this insightful and practical workshop, you'll explore some powerful techniques to identify what's really important and how to prioritise it, gain effective tools to help overcome common obstacles such as procrastination, and learn how to notice the patterns that help and hinder you and create better, lasting habits.