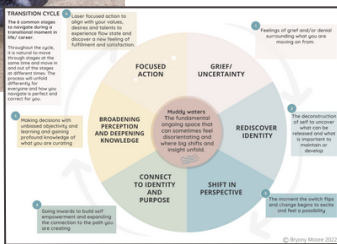


PORTFOLIO



Workshop and Training programmes I have created and delivered

Corporate/ Business and Leadership Training

- The Transition Cycle programme- Working through the core 6 stages that are commonly navigated during a pivotal moment in business, career and/or life.
- Trauma-informed communication and policies in the workplace.
- Leadership communication and team management skills.
- 'Authentically You' Women in Leadership training programme for leaders who want to step into a new level of service, value and impact.
- 'Event into an experience'- corporate training for marketing and audience engagement.
- The Daily D.O.S.E- Utilising the flow of the 4 happy hormones to boost workplace wellbeing and organisational results.
- 'Camera confidence and content posting- Social media training.
- 'Client connection'- psychological and practical approaches to create and retain clients/ sales psychology.
- Presentation, interview and communication skills training.
- 'Start your Day right'- Mindfulness and Stress management programme.
- Creativity Integration training- day workshop to promote team work and innovation in the workplace
- Peak performer mindset- up level your mindset for business and career advancement.
- 'Connecting the dots'- Bringing your organisation vision and values to life through creative and strategic processes.
- 'Creative communication'- Aligning your branding and communication to truly showcase your business service and impact.
- 'Up-levelling your EFT practice and client transformations' workshop.



Workshops and Training programmes I have co-created and delivered for InvestED Wellbeing

Educational Training programmes and workshops

- Trauma-informed communication and policies in education
- Leadership communication and staff management
- The power of the Nervous System- the science to unlock mental health and wellbeing
- 'Spotting the signs' - Developing a mastery approach to enhance learning, performance, inclusion, focus and behaviour
- 'Mastering Behaviour and Friendship resolutions'
- 'Yoga in the Curriculum'
- 'Emotional Freedom Technique' in the classroom and 1:1 intervention
- The 4 forms of Human Intelligence to unlock staff and student potential
- Coaching Skills- an introduction to essential skills and techniques to enhance in-house coaching and mentoring

