

## Creating Impact with Confidence & Ease

A hybrid programme designed over 6 months to help you have more impact, more confidence and more energy.

- 4 x 90mins virtual workshops
- Completion of online strengths & resilience questionnaires
- Access to all materials
- Access to recordings if unable to make the session or want to listen back
- 1 virtual one to one coaching session (45 minutes)
- 1x group check in (60 minutes)
- Top tips on Resilience

### Virtual Workshops

- Doing less for more impact – a session designed to understand how the human system works and how to use insights to create more impact.
- Crucial conversations – skills and a framework for having that tricky conversation with more ease.
- Energy & wellbeing booster - A session designed to give you time and space to pause, reflect, re-set and re-energise.
- Productive conversations using coaching skills – a session to give you some skills and practice in developing others and encouraging independent thinking.

### About the facilitator



Margaret Allen is an experienced coach, business facilitator and development practitioner who draws on her vast knowledge of development models and strategies to engage clients and inspire change. She has a direct, pragmatic and down to earth approach combining challenging questioning with a supportive space for reflection. Margaret has over 20 years experience in working remotely.

**When:** October 11<sup>th</sup> Workshop 1, November 29<sup>th</sup> Workshop 2, January 24<sup>th</sup> Workshop 3, March 14<sup>th</sup> Group Check in, May 23<sup>rd</sup> Workshop 4, Coaching session to be arranged separately

**Where:** Online

**Cost:** £500