

You've got this

In this module we will explain what limiting beliefs are, identify our own limiting beliefs, acknowledge why we might be holding onto them and create strategies to overcome them.

More to motivation

In this module we will examine what might motivate people, how change can impact motivation and how to make it personal.

Managing up

In this module we will discuss how to manage your managers expectations and get the support you need to succeed.

Energy not time

In this module we will identify when you are at your most productive and how to optimise this period by focusing on the right activity, alongside setting clear boundaries with your team.

It starts with a mirror

In this module we will summarise different styles of management and identify which is your preferred style. We will decide how and where you will need to adapt your style to suit the situation and your teams needs.

Safe space

In this module we will define the term psychological safety, what it looks like and how you can embed it within your team.

Listen first

In this module we will define the meaning of coaching, the importance of listening, the power of questions and you will leave with a coaching framework to help you practice your new skills.

We need to talk

In this module we will identify the types of crucial conversations you may be faced with, what support you need and develop structured techniques, strategies and tips to make them feel less daunting and more effective.

