

Welcome

EMPOWERING TEAMS TO THRIVE AT WORK AND HOME

I'm delighted to welcome you to Flourish with Faye Harris Coaching. This journey is dedicated to empowering individuals to thrive in their careers while maintaining a fulfilling personal life.

Our tailored corporate workshops focus on leadership, confidence, career progression and well-being to create a supportive and high-performing workplace culture.

Research shows that nearly 80% of people who participate in leadership development programs feel more committed to their organisation and nearly 70% are more likely to stay with their current employer.

This four-part workshop series is designed to take employees on a journey to enhance professional growth, create a thriving workplace and to equip employees with practical tools to succeed at work and home.

Each 60-minute session includes interactive discussions, real-world experiences and actionable strategies to drive meaningful change.



Workshops

Workshop 1: Elevating Confidence and Career Visibility

Objective: Empower participants to understand their purpose, build confidence, enhance their personal brand and develop a strategy for career visibility.

Key Takeaways:

- Explore your true purpose, what brings meaning to your work and how to craft a vision for your life.
- Understanding what confidence really is and the impact of confidence in professional success.
- Identifying self-limiting beliefs and strategies to overcome them.
- Discover what you want to be known for and building a personal brand that aligns with career aspirations.
- Practical steps to increase visibility in the workplace through networking, mentorship and sponsors.

Who is it for? Anyone looking to step into their strengths, gain confidence and create a strong professional presence.

Workshop 2: Thriving as a Working Parent or Caregiver

Objective: Support parents returning from parental leave and those balancing careers with caregiving responsibilities.

Key Takeaways:

- Navigating the transition back to work with confidence and clarity.
- Managing expectations and setting realistic goals for career progression.
- Learn how vulnerability and presence are critical to stepping into your personal power.
- Practical strategies for balancing work and family life.
- Communicating effectively with employers to create a supportive workplace.

Who is it for? Parents returning from parental leave, caregivers of older family members, and professionals balancing work and family responsibilities.

Workshops

Workshop 3: Work-Life Balance and Sustainable Success

Objective: Equip participants with tools to manage their workload effectively while maintaining a fulfilling personal life.

Key Takeaways:

- Identifying personal and professional priorities.
- Learn how to set boundaries to protect what matters most, create balance and enable your success.
- Effective time management techniques
- Creating sustainable habits for long-term success

Who is it for? Employees at all levels seeking to maintain balance and productivity without compromising well-being.

Workshop 4: Resilience, Growth Mindset and Thriving in Change

Objective: Strengthen resilience, embrace a growth mindset and adapt to change with confidence.

Key Takeaways:

- Understanding the principles of resilience and its role in career success.
- Embracing challenges and setbacks as opportunities for growth.
- Developing strategies to navigate uncertainty and change.
- Creating an action plan to build long-term career resilience.

Who is it for? Individuals looking to future-proof their careers and cultivate a mindset for continuous growth.

Delivery Format

Each workshop is designed for a 60-minute interactive session that can be delivered in-person or virtually.

Sessions include:

- Expert-led discussions
- Practical exercises and real-world case studies
- Actionable takeaways and reflection prompts
- Q&A segment for personalised insights

Why Choose Flourish with Faye Harris Coaching?

- **Tailored to your organisation's needs** – Customisable content to align with company culture and objectives.
- **Proven methodologies** – Rooted in coaching frameworks and real-world experience.
- **Engaging and interactive** – Sessions that inspire action and meaningful development.
- **Ongoing support** – Follow-up resources to embed learning into daily practices.

Investment

Individual workshop: £1250

Block booking of four sessions: £4750

Prices quoted are in addition to reasonable expenses.

Testimonials

"Interactive and Actionable"

"I expected a typical workshop where we'd just be talked at, but this was completely different! The session was well-structured, engaging, and gave me practical takeaways. I left feeling motivated and ready to create a personal development plan that I'll actually stick to."

- Design Studio Manager

"Well-Structured and Insightful"

"The workshop was incredibly well-planned, with clear structure and engaging facilitators. It provided valuable insights into professional development, tailored to different career stages. I now feel much more confident in how to approach my future growth."

-Supplier Marketing Manager

"Eye-Opening and Supportive"

"This session gave me real clarity on my next steps and how the business can support my personal development. The discussions were practical and relevant, making it a great space to learn from others and reflect on my own career journey."

- Head of Customer Marketing

About FAYE

I'm Faye Harris, a fully qualified executive and career coach dedicated to helping professionals, particularly parents, thrive in both their careers and personal lives. With over 14 years of experience in marketing—including leadership roles in FTSE100 companies—I understand the challenges of balancing ambition with the demands of home life.



What qualifies me to guide teams through the challenges of balancing work and family life? Firstly, I live it. I'm a mum to a tenacious toddler, I've navigated IVF, maternity leave, redundancy, the return to corporate life and setting up my own business- all while running a home and staying (miraculously!) married. I understand the juggle, the overwhelm and the moments of doubt.

I believe that success isn't just about working harder—it's about working smarter, aligning with your values, and building a career that truly works for you.

CONTACT DETAILS



coach@flourish-faye.co.uk

[@flourish_with_faye](https://www.instagram.com/flourish_with_faye)

07565 707 061

www.flourish-faye.co.uk