

# Shield of Purpose-Talk / Workshop

The world is a difficult place to be. Our ability to cope gets chipped away every day and it is easy for us to feel overwhelmed on a regular basis. Our self worth needs strengthening.

For us to truly thrive in this evolving world, we must be better at building our own self esteem. This starts by knowing who we are and what we stand for. Our identity and our purpose provide us a shield of resilience when times get tough.

## Key messages:

- 1- Knowing who you are is the first step to building your personal resilience
- 2- Understanding what you stand for helps deflect the noise and keeps us thriving
- 3- Practical actions to take away to make a difference in your life and those you care about

## Some practical information:

- 1- Between 45 and 90 mins and can be delivered in person or virtually
- 2- Aimed at all human beings
- 3- Research into the importance of identity shared with all attendees on request



# Shield of Purpose-Talk

## Follow Up Activities

Organisations choose to follow up with Chris to dig deeper into the topics he talks about. This is about carrying on the conversation and creating opportunities for personal and professional development for your teams.

**This could include** workshops, leadership away days & coaching for individuals or teams.

## About Chris Britton

Chris Britton is a forward-thinking thought leader, author, and podcast host. He has led the people agenda for some of the biggest brands in the world.

Since 2008, Chris has used an empathy-first approach to drive positive change and high performance in organisations like Virgin, Vodafone, River Island, and Reward Gateway. His passion for seeing people for who they are – not just what they can do – has inspired audiences worldwide. He combines groundbreaking research, personal storytelling, humour, and practical next steps to create an engaging experience helps to unlock the potential of your people and business.

