

empowered change

news

edition one

March 2024



TRANSFORM YOUR
BUSINESS AND PERSONAL
GOALS THROUGH
**EMPOWERING
YOUR PEOPLE**

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Vicky Docker -
Director
Empowered Change Ltd



EMPOWERING CHANGE

3 KEY FOCUS AREAS

Empowered Change provides people partnership, maximising your resources by supporting your team to effectively deliver your people agenda and enhance business output, value and impact.

Maximise your people potential by empowering individuals and your business to achieve maximum productivity and impact.

professional development and coaching



enhanced skills to deliver business goals

talent management



attract, develop, promote and retain

equality, equity, diversity & inclusion



people empowerment and innovation



Empowered Change provides:

- ✓ People Consultancy supporting your business.
- ✓ Review strategy and create transformational development plan for Leadership development, talent management, 121 career planning, Culture and Equality, Diversity, and Inclusion.
- ✓ 121 Coaching including Executive, Leadership, Career and Personal.
- ✓ Design content to support delivery, facilitation and evaluation.
- ✓ Leadership, management, and soft skills training.
- ✓ Podcasts and talks.

[CLICK HERE](#)



TO GET IN TOUCH WITH EMPOWERED CHANGE TODAY

'BURNOUT'

HOW EFFECTIVELY IS YOUR ORGANISATION TACKLING THE OCCUPATIONAL PHENOMENON?

This is an important topic following the Mental Health England report published in January 2024 where their recent survey noted that 91% of UK adults experienced high or extreme levels of pressure or stress in the past year.

Almost a quarter of UK adults feel unable to manage stress and pressures in their lives.

1 in 5 workers needed to take time off work due to poor mental health caused by pressure or stress in the past year.

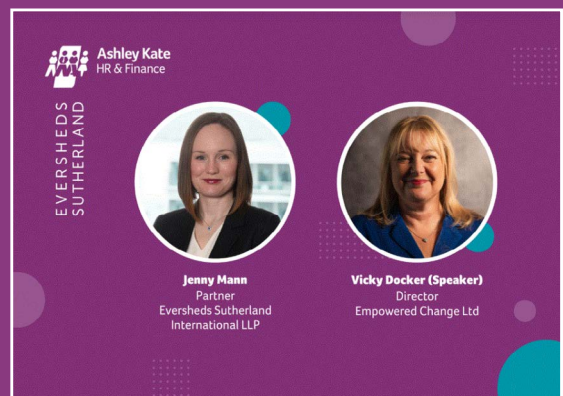
This impacts on the organisation's bottom line with employees absent for periods of time, others cover their work which reduces productivity. All of this can in turn cause others to experience stress themselves which can lead to presentism and attrition if not managed carefully.

Burnout is a state of physical and emotional exhaustion. It occurs when you experience long term stress, for example, working a stressful job.

On behalf of Ashley Kate HR & Finance recruitment, and Eversheds Sutherland lawyers, **Vicky Docker** is talking next at:

**HR DIRECTORS
BOARDROOM ON;
TUESDAY 12TH MARCH
08.30 TO 10.00AM**

**TOPIC:
Managing Change Fatigue**



If you would like to reduce the impact of burnout in your business, Empowered Change has the experience to tackle this problem.

[CLICK HERE](#)



[TO READ THE MENTAL HEALTH ENGLAND REPORT](#)

STAR[®] MANAGER COACHING PROGRAMME

WANT TO EMPOWER YOUR
PEOPLE TO INNOVATE IN
YOUR ORGANISATION
DELIVERING RESULTS?



Vicky recently partnered with Notion who delivers the STAR[®] Manager programme. This has been designed to equip all line managers and leaders with the critical skills that bring Operational Coaching[®] into the flow of work and measurably increase team performance.

vicky@empoweredchange.co.uk



FOR MORE ON THE STAR[®] MANAGER PROGRAMME



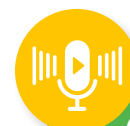
WHY EMPLOY SOMEONE WITH ASPERGER'S?



Want to listen to the first empowercast podcast in the EDI series with Alex Manners about his experience living with Asperger's?

Alex's episode is the first in the new 'EmpowerEDInclusion' empowercast series. The aim of the episodes is to help organisations consider what are the benefits of, and ways to be, more inclusive in their attraction, recruitment, engagement, development, and talent progression internally to promote their people and retain them. Please contact Vicky if you are wish to join the closed LinkedIn chat group called 'EmpowerEDInclusion' to share EDI reports, ideas and activities.

The next episode is premiering on **Tuesday 5th March** with Katie Buckingham, Altruist Enterprises, talking about the impact of mental health and wellbeing in the workplace. If you want to hear this episode email contact Vicky.



TO LISTEN TO ALEX MANNERS PODCAST

WHAT IS THE GC INDEX

AND HOW CAN YOU TRANSFORM YOUR BUSINESS WITH IT?



Vicky Docker became certified as a GCologist in January 2024. As a GC Index practitioner, Vicky delivers impactful insights and solutions for businesses:



IMPACT ASSESSMENT:

Identify how individuals naturally contribute to your organisation to optimise team dynamics and performance.

GAME-CHANGING TEAMS:

Utilise the GC Index® to cultivate teams that leverage unique strengths for innovation and success.

TAILORED SOLUTIONS:

Whether addressing change initiatives, diversity and inclusion strategies, or team development, leverage GC Index-powered solutions to achieve your business objectives efficiently.

INFORMED DECISION MAKING:

The GC Index® offers a framework for understanding contributions, enhancing decision-making across business processes for better outcomes.

ORGANISATIONAL ANALYSIS:

Through the Organisation Impact Map (OIM), we assess your entire organisation to pinpoint individual strengths and their collective impact on performance, guiding your company forward.

CULTURE ENHANCEMENT:

Embed a culture of impact by aligning individuals with roles that engage and energise them, boosting satisfaction and productivity.

Would you like to experience your GC Index report for **FREE** to see what it's all about and how it can add value to your business and yourself personally? Vicky can provide one free, no obligation, report, and 121 explanations, per business. Email her now for yours at;

vicky@empoweredchange.co.uk

EMPOWERING CHANGE

ARE YOU EAGER TO REVOLUTIONISE YOUR ORGANISATION INTO A HUB OF EMPOWERMENT AND GROWTH?



Look no further, because Empowered Change is here to enhance your approach to personal and professional development.

At Empowered Change, we specialise in bespoke coaching and training solutions designed to empower individuals and businesses alike.

Watch a one minute video recording to learn how Empowered Change can transform your life!



TO WATCH EMPOWERED CHANGE VIDEO





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vicky@empoweredchange.co.uk

ADDING 'CANCEL NEWSLETTER' IN THE TITLE.