

# Trainee Programme

Helping trainees to perform at their best, manage their wellbeing and meet the high-standards required by City firms for qualification. Each of the items below can be purchased individually or as a package<sup>1</sup>.

Item	Description	Price (£)
<b>Group Induction</b>	Half-day workshop addressing roles and responsibilities of trainees, how to make a good first impression and survival and wellbeing tips for the first 6-months.	1,000
<b>Individual Performance Coaching</b>	Individual 70-minute coaching sessions held after each mid and end-seat internal review. Sessions focus on addressing internal feedback, overcoming obstacles to performance or wellbeing and setting performance goals for following 3-month period.	300 (per/session)
<b>Group Workshops</b>	90-minute workshops:	
• Workshop #1	Time Management and Prioritisation	500
• Workshop #2	Managing Stress and Wellbeing	500
• Workshop #3	Navigating Seat Transitions	500
• Workshop #4	Building Brand and Network	500
<b>Supervisor Training</b>	Group discussion to ensure consistency of approach and standards with respect to trainee supervision across the firm.	500
<b>Qualification Strategy Sessions</b>	Individual 30-minute sessions focusing on strategy for qualification with independent and honest guidance.	200 (per/session)

<sup>1</sup> Note: Discount on cost p/intake if purchased as a complete package.