

## Enthuse You - #italwaysstartswithyou

<b>Purpose:</b>	To inspire you to grow and apply your Emotional Intelligence by choosing positive responses to the world around you. This session will introduce you to your positive mindset and techniques to Enthuse yourself and others.	
<b>Duration:</b>	One Day	
<b>What will we be doing?</b>	<ul style="list-style-type: none"> <li>• Engage – Inspire – Enthuse</li> <li>• What is your Why?</li> <li>• The Challenge is The Opportunity</li> <li>• Your positive influence</li> <li>• Emotional Intelligence – your way to release your most powerful resource</li> </ul>	<ul style="list-style-type: none"> <li>• An inspired You</li> <li>• What's your M.F.E?</li> <li>• Self-coaching</li> <li>• Your superpower is your Self-Awareness</li> <li>• Shutting down your BS Factory</li> <li>• Your commitments</li> </ul>
<b>How will the Purpose be achieved?</b>	<ul style="list-style-type: none"> <li>• Inspirational talk</li> <li>• Facilitator input</li> <li>• Group discussions</li> <li>• Practical activities in pairs and small groups</li> </ul>	
<b>What do you expect from me?</b>	<ul style="list-style-type: none"> <li>• Turn up and be you</li> <li>• Participate – have a go!</li> <li>• Listen</li> <li>• Share your ideas</li> <li>• Encourage others</li> </ul>	
<b>What's In It For Me?</b>	<ul style="list-style-type: none"> <li>• Clearly identify and achieve your purpose</li> <li>• Apply and develop your Emotional Intelligence</li> <li>• Grow your positive influence with yourself and others</li> <li>• Apply the appropriate levels of Motivation, Focus and Energy every day</li> <li>• Quieten your inner critic to choose your positive response</li> <li>• Develop your ability to bounce back to the challenges that you create for yourself</li> <li>• Demonstrate a positive mindset</li> <li>• Self-coach to better respond to challenging situations</li> <li>• Better take care of your own and others energy to achieve psychological safety in your teams and working communities</li> <li>• Develop your effective relationships to engage in meaningful and impactful conversations</li> <li>• Embrace 'The Challenge is The Opportunity'</li> <li>• Create and build your 'Wall of Inspiration' to be the best version of you</li> <li>• Be effective at every stage in the Engage – Inspire – Enthuse model</li> <li>• Apply positive techniques to grow your personal resilience</li> </ul>	

## Enthuse You - #italwaysstartswithyou – Frequently Asked Questions

<p><b>What can we expect at the Learning Experience?</b></p>	<ul style="list-style-type: none"> <li>• Interaction – definitely not ‘death by PowerPoint’</li> <li>• Fun</li> <li>• To be challenged</li> <li>• To be asked questions</li> <li>• Encouragement</li> <li>• To focus on you</li> </ul>	<ul style="list-style-type: none"> <li>• Effective tools &amp; techniques</li> <li>• Activities &amp; discussions</li> <li>• Not to be lectured</li> <li>• To be listened to</li> <li>• To learn about yourself</li> <li>• Honesty</li> <li>• An engaging environment</li> </ul>
<p><b>How will it help us?</b></p>	<ul style="list-style-type: none"> <li>• Improved engagement &amp; productivity</li> <li>• Heightened self-awareness</li> <li>• The ability to develop &amp; apply your Emotional Intelligence</li> </ul>	<ul style="list-style-type: none"> <li>• Increased confidence</li> <li>• Greater personal resilience</li> <li>• Demonstrable positive influence on you &amp; others</li> </ul>
<p><b>How much is it?</b></p>	<p>£1,750 + VAT (for face-to-face solution – costs for virtual solution available on request)</p>	
<p><b>What are your expenses?</b></p>	<p>Travel &amp; accommodation (where applicable). Travel is charged at 45p per mile or equivalent travel costs i.e. return train fare.</p>	
<p><b>How many people can attend?</b></p>	<p>A minimum of 4 &amp; maximum of 16.</p>	
<p><b>Who is it for?</b></p>	<p>Colleagues at any level will benefit from Enthuse You.</p>	
<p><b>Where will it take place?</b></p>	<p>At your premises or venue of your choice. Enthuse can arrange a venue if required which is recharged at cost.</p>	
<p><b>Does it have to be face-to-face?</b></p>	<p>No. It is recommended because it is the most effective &amp; impactful delivery method however, all Enthuse sessions are available in virtual delivery via Zoom.</p>	
<p><b>Does it have to be one day?</b></p>	<p>For maximum impact we recommend one day for Enthuse You &amp; can also ‘top up’ with 121 coaching sessions. We believe that all learning experiences must be flexible to respond to your needs &amp; Enthuse You is available in a half-day session &amp; can also be re-imagined should you have any bespoke requirements.</p>	
<p><b>What do we get for our money?</b></p>	<ul style="list-style-type: none"> <li>• Interactive workbooks</li> <li>• Practical tools &amp; techniques</li> </ul>	<ul style="list-style-type: none"> <li>• Digital learner pack</li> <li>• Engaging facilitation</li> </ul>
<p><b>Why Enthuse Coaching &amp; Training?</b></p>	<p>Because Emotional Intelligence will get you further in life than anything else. All of our learning experiences are routed in Emotional Intelligence &amp; don’t just develop skills; we provide the opportunity to make positive choices to be the version of you that you want to be.</p>	