



Would your team love an energy and mindset injection?

Format:

1-hour high impact zoom call with up to 5 people on a call at each time. Small numbers to enable great conversations where everyone has voice; to encourage great participation so everyone leaves feeling energised and engaged

Who is it for?

Individual leaders or teams who work together

What happens?

The flow of the session is to inspire and motivate delegates to start thinking differently about their current situation and get them to focus on what they can control, not what they can't. This session has proven to be totally uplifting and super reflective. Delegates will leave the call inspired to put some simple steps in place to begin in starting to change their behaviour to benefit them and the business.

Areas we cover include;

- Mindset is everything
- Influence vs Concern
- The power of a positive network
- The gift of time and how to manage it
- Routine – what works for you
- 6 ways to manage anxiety and concern

*“It really shifted my thinking, the session got me to focus on what I can control, not what I can't.
Totally uplifting and inspiring”*

The result:

Energy, inspiration and actions they've committed to and can implement straight away

Coaching can be the most powerful, enabling investment an organisation can make in its people. The Team Academy philosophy that “Life is too short for boring training” comes out loud and strong in our approach to coaching ...

***Life is most definitely too short for lightweight conversations**