

WE
ARE
PEAC



LEVEL UP

Master the power of knowing
yourself to thrive in your home
and work life

OVERVIEW

Duration: 10 hours (+ over 32hrs of activities available in our library!)

10hrs of live training over the course of 7-weeks (1h 30min weekly online sessions) and access to a resources library with podcasts, recommended readings, meditations and video content.

Personal support: 2 x 1h sessions

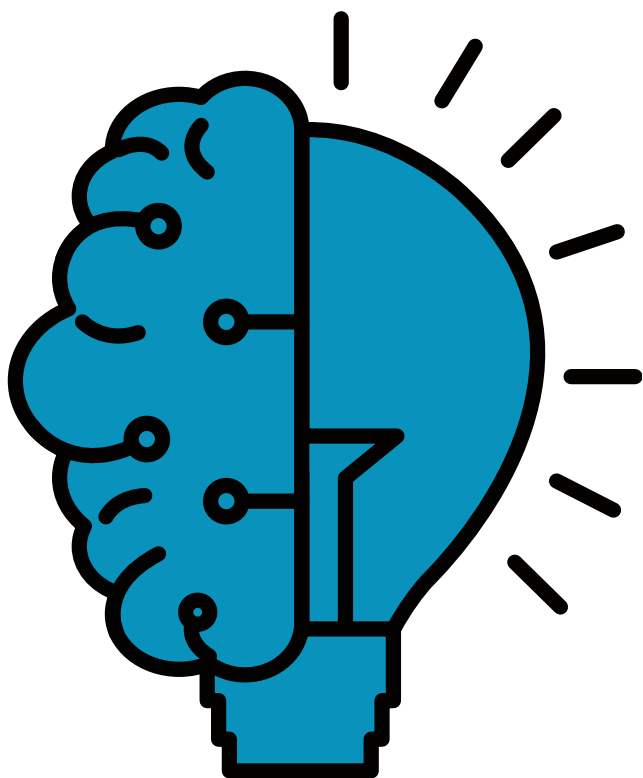
Two private coaching sessions for all attendees. Experience the power that comes from having bespoke support tailored to help you achieve your goals.

What is Level Up?

A course designed to help individuals better understand their brain, body and how they could be unconsciously holding them back and preventing them from thriving in their careers and life.

It includes teachings from Neuroscience of Change, Positive Psychology, Power of Embodied Transformation, Science of Wellbeing and health Optimisation. Imparted by We Are PEAC, *Level Up* has helped hundreds of individuals and companies discover their abilities and unique strengths, maximise their potential, increase their confidence and level up in a way that positively impacts their lives, both personally and professionally.

Through these sessions you will learn to take conscious action to create a happier, more fulfilling life and use your inner strengths for a better life at home and work.



PROGRAMME SCHEDULE

Part 1 - Step into your own greatness

The Neuroscience of change - How can getting your mind and body on your side help you.

Learn to understand your mind, body and spirit and how best to work with them to obtain optimal results.

Part 2 - Connecting to who and where you are

Living in alignment - Without being oriented to your true values and passions, things just seem flat. Learn to understand yourself better: your why, your values, what matters the most to you.

Part 3 - What can and can't be controlled

Learn to raise your awareness and choosing more empowering behaviours. The victim and victor mindset and how you can be more victorious.

Part 4 - Developing our superpowers

Building your confidence - work with your body and mind to unlock your inner strength. Learn about confidence, character strengths, and the 4 pillars for sustained health.

Part 5 - Maintaining peace, clarity and joy whilst thriving

Learn about how to tap onto your inner wisdom to create a happier, healthier way of living. The ego thoughts and limiting beliefs and how it holds you back.

Part 6 - Make it happen and keep it happening

Learn to understand how to actively create the life you are after, a roadmap to your personal & professional success. Learn to form new habits and a new identity that supports the life you are after.

Part 7 - (Post-programme) Check in and personal assessment

Online meet-up to discuss your progress, solve any doubts or to check in and to reconnect with your learning group.

WHAT'S INCLUDED?



INTERNATIONAL AUTHORITY FOR
**PROFESSIONAL
COACHING & MENTORING**
Experts in Accreditation since 1998

10 hours of bespoke, quality coaching

We Are PEAC coaches are registered with one of the leading coaching bodies, IAPC&M, which ensures all accredited practitioners demonstrate they have the highest levels of professional standards (and capability) in the industry.

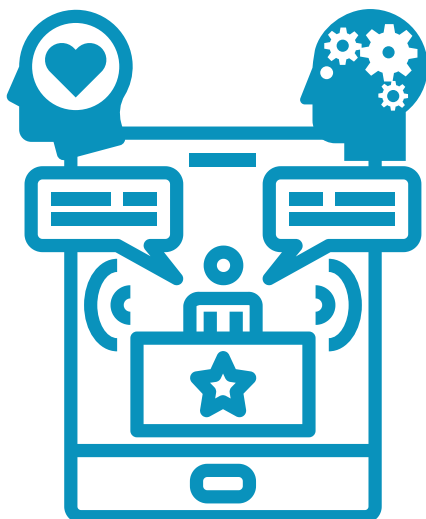
Over 32 hours of expert designed activities

You'll have access to a vast library of resources with tools and activities designed to help you discover more about yourself and how to create a more fulfilling, happier life.



Personal support: 2 coaching sessions

Two private coaching sessions for all attendees. Experience the power that comes from having bespoke support tailored to help you achieve your goals.



7 live sessions where the coaches will share their expertise

7 live sessions packed with insights and teachings from the wellbeing leading experts, you'll learn the latest concepts from Neuroscience of Change, Positive Psychology, Embodied Transformation and Optimal Wellbeing to help you better understand your body and mind and how to work with them to create a better life, at home and at work.

LEVEL UP



BENEFITS OF OUR COURSE

Level Up has helped hundreds of individuals with:

- Boost your motivation
- Increase confidence and performance
- Increase clarity, focus and resilience
- Provide deeper self-awareness
- Enthuse and inspire you to do better
- Generate stronger human connections
- Re-connect with their inner joy
- Get your MOJO back
- Discover your strengths
- Discover and hone your skills to enhance your career and life
- Connect / discover your purpose
- Generate the space and time to really focus on what matters to you
- Understand your brain and body so that you can get the best out of you

Our method: **Engage, Educate and Empower**, moving you from surviving to thriving.

ENGAGE & EDUCATE

Our course is expertly designed based on principles of how people learn best: a mix of practical exercises and educating to benefit all learning styles. This enables people not just to learn but integrate the learning to help change be made.

A combination of science-backed learning with down-to-earth exploratory exercises will have you understanding and experiencing how to work best with your brain and body to efficiently impact your behaviour and increase your motivation and energy.

EMPOWER

We connect, motivate and inspire you to thrive.

We show you the tools and techniques that will enable you to take ownership of your own journey.

Ever heard of the phrase “don't give a man fish rather teach him how to fish by himself”? – this is exactly what we do, we take you on a learning and experiential journey that will allow you to become confident and curious in embracing your own potential, motivated and energised to build your own paths, growing and developing your best self.

ABOUT US

WE ARE PEAC

PEAC stands for Passionate, Empowered, Authentic and Compassionate, which is not only who we are, but what our clients feel after our work together.

We care, deeply, about people and helping them feel and be their best, at home and at work. Through our studies in Neuroscience of Change, foundations of Positive Psychology, science of well-being and health optimisation, we offer services and programmes designed to help individuals thrive.

We deliver training world-wide and are proud partners to a growing list of clients including, Netflix, Universal Pictures, Disney, award-winning fintech Sonovate, Tropic skincare, Wandsworth schools and De Monfort University.

About Fleur:

With over 20 years' experience in education and leading educators and as a qualified life coach, Fleur Prime is a highly skilled expert offering a transformational set of services. By blending her teaching skills with Holistic Psychology, Health Optimisation, Coaching Leaders, Embodied Transformation and Neuroscience of Change, Fleur has created a truly unique coaching offering which delivers remarkable results. Fleur's work is rooted in science and behaviour change which she pairs with her unique gifts of empathy and deep intuition. By helping people rebuild the relationship they have with themselves she is helping people to lead a happier more fulfilled life.

About Lucia:

Lucia's background as an experienced Marketeer with a 20-year award-winning career leading herself and others provides her with a deep understanding of the fast-paced corporate world. Combined with her studies in Science of Wellbeing, Embodied Transformation, Coaching Leaders and the foundations of Positive Psychology, helps her not only understand the challenges of nowadays living, but how to create bespoke coaching sessions designed for individuals to both thrive and revive in life.

Lucia is described as creative, passionate, energetic and someone who gets things done, no matter how challenging.





THE REVIEWS

WHAT OUR CLIENTS SAY

I had such a good experience with Lucia and Fleur during the workshops. Each week was inspiring and impactful with meaningful assignments that really helped me put personal and professional goals in perspective. Each of the sessions was challenging but comfortable because of the coaching styles of both Lucia and Fleur, who strike such a good balance between the theory and practice involved in maximizing your potential at work and in life.

[\(Brian McGhee - Sales Director\)](#)

I absolutely loved the course, and am so grateful to my employer and We Are Peac for facilitating. It was an incredible journey to learn that taking just an hour of calm during a busy week is NOT a luxury, but a necessity- the skills I gained during the session are invaluable.

Since taking part in the sessions with Lucia and Fleur, I am much more calm and focussed during my working week- allowing for a more relaxing and rejuvenating down time. My colleagues and family alike have noticed positive changes in my outlook; I certainly feel Empowered to Thrive! Thank you both!

[\(Lucy Gibbons - Payroll Manager\)](#)

The course gave me the energy courage to make key changes in my life, which are still in place, and I'm excited to say that more than 6 months later I'm still referencing and building out my dream and goals based on the material we covered.

[\(Eugene Van Der Merwe - Agile Delivery Manager\)](#)

THE REVIEWS (cont.)

If you are feeling stuck in the hamster wheel that sometimes becomes life, if you are stuck or struggling to find motivation or energy or you have forgotten the reason why you do what you do daily... this course is for you. Fleur and Lucia run this course with passion and love. I have definitely got my MOJO back and met some wonderful women along the way, who are all feeling more confident and focused, and ready for whatever 2021 throws at us!!!

[\(Elise Lockyer - Chief People Officer\)](#)

It has been extremely beneficial to me, the breathing exercises in particular! The course has taught me how to take time out when things are getting too much and how to bring myself back to the present. Invaluable techniques I will be using in both the work and home life!

[\(Stephanie Poole - Credit Controller\)](#)

I would wholeheartedly recommend this as a pivotal starting point for ANYONE who is feeling from just a bit 'flat' to downright in despair.

Do it. You won't regret a second of it.

[\(Lee Klabin-Grant - Fashion designer\)](#)

I have just completed this course run by a couple of lovely ladies - both experienced coaches. It's brilliant and ticked every box for me! It's motivational, inspiring, enlightening and so much more and was very much needed to get through these strange times we are surviving through.

[\(Lisa Antonini - Senior Legal Counsel\)](#)

I honestly didn't think I needed a 'self development course' or 'help' with my life, but hand on heart this is one of the best investments I've made in myself. Fleur and Lucia, both experienced coaches with big hearts and big neuro science knowledge really made me look at my life through a different lens. It gave me the space and time to focus on what I really want and need in my life, and real tools to keep the momentum going... in mind, body and spirit!

[\(Gemma Chapple - Entrepreneur\)](#)

I've just done the course and it's been a life changing experience.

I knew some of the techniques before, but the neuroscientific side of the course helped me understand their impact better, so I use them on a regular basis now.

Why not invest in yourself and your spiritual development to feel empowered, and to thrive rather than live on autopilot.

[\(Monika Zielinska-Pietruszka - SENCo\)](#)

I found the course to be brilliant, and I think everyone should have the opportunity to do it! the course was really engaging and focussed on the right areas of development. The podcasts, apps and other reading material have also been super helpful for me. Between the sessions, these really kept me focussed on the purpose of the course, and the changes I want to make to my every day in order to get out of survival mode. They helped to keep the learning up, and for me to get more perspective on what changes I wanted to make to my lifestyle.

[\(Katherine Fleming - Executive Assistant\)](#)

COURSE OFFERING



Live coaching sessions + 2 x private 1:1

7-week course with 90 min live coaching sessions and 2 x 60 min private one-to-one sessions per attendee. Includes:

- 7 x 90 min weekly group sessions (online)
- 2 x 1h private coaching session for all attendees
- Course library access: access to course material, including exercise templates, recommended readings, further learning toolkit such as podcasts, video gallery and other recordings.

Fee: £697 (flexible payment options available)

Join the waiting list:

I am in! Please let me know when the next course runs again

[Click here](#)