

EMPOWERED TO THRIVE

Move forward and start thriving in life.

Learn from the latest neuroscience of change, positive psychology and health optimisation to help you move from surviving to thriving.

WE ARE PEAC

powered by



Stay Nimble

— OVERVIEW

Approach: live & self-paced

7x 90 min live sessions and online tests, tools and resources to learn at your own pace

Duration: 42+ hours

Access to a resources library with podcasts, recommended readings, meditations and video content.

Personal support: 2 hours

Your qualified coaches will act as your guides and help you progress and learn as you go along the program.



What is Empowered to Thrive?

It is a 7-week course designed to help you better understand your brain, body and how they could be unconsciously holding you back and preventing you from thriving in life.

It includes teachings from neuroscience of change, positive psychology, power of embodied transformation, science of wellbeing and optimal health optimisation. Imparted by We Are PEAC, *Empowered to Thrive* 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'll learn to take conscious action to create a happier, more fulfilling life and use your inner strength for a better life at home and work.

— ABOUT US

Meet your hosts

WE ARE PEAC

We Are PEAC is founded by Fleur Prime and Lucia Paredes, born out of their passion and will for helping individuals and businesses thrive.

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

Offering life changing services where we harness our 20+ years of work creating social impact and creative work in fast-paced global corporations with positive psychology, neuroscience of change, science of happiness, health optimisation and transformational embodiment to deliver remarkable results.

Our varied backgrounds help us understand the challenges and opportunities of the fast-paced corporate world and create bespoke programs designed to help businesses and individuals thrive.

Our clients include: Netflix, Universal Pictures, award-winning fintech Sonovate and De Monfort University.



Stay Nimble is an award-winning career development platform, making it easy to design, deliver and manage life-changing programmes that help people to achieve happiness in their lives. Whether you are a creator or a coach, our platform provides an out-of-the-box solution for creating programmes that have a real-world positive impact, all accessed through a mobile-optimised web app. With over 14,000 people accessing programmes through Stay Nimble, we deliver at scale for people looking to support others in achieving their goals. We do the tech, so you can focus on the experience.

WHAT'S INCLUDED?

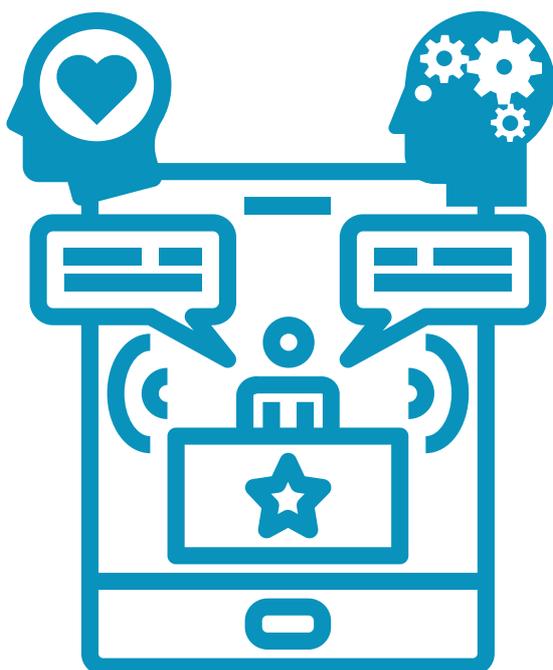
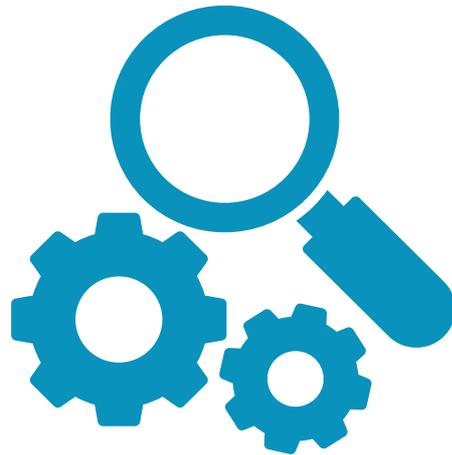


2 hours of bespoke, quality coaching

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 42 hours of expert designed activities

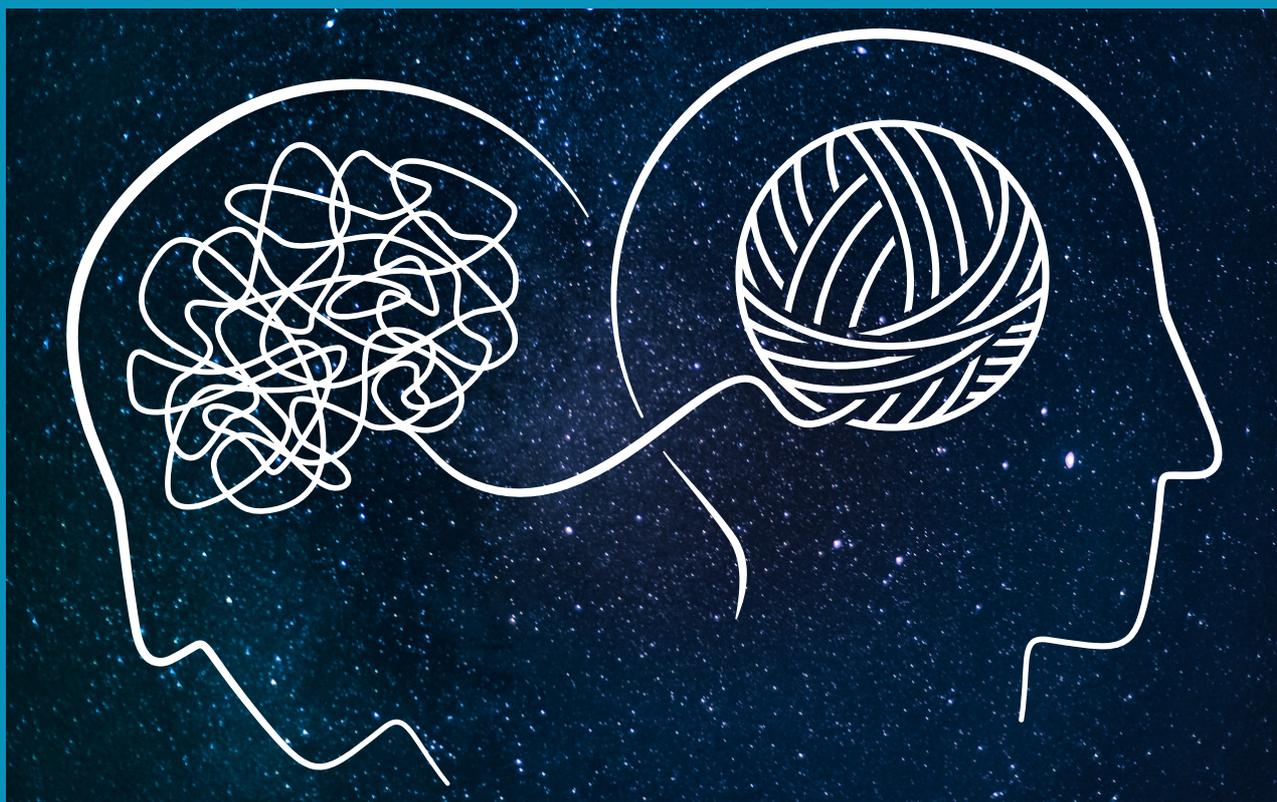
A vast library of resources with tools and activities designed to help you discover more about yourself and how to create a more fulfilling, happier life.



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.

EMPOWERED TO THRIVE



"My mission in life is not merely to survive, but to thrive; and to do so with some passion, some compassion, some humour and some style" Maya Angelou

IMAGINE THE POSSIBILITIES

What would it mean to you?...

To know that not only you know yourself better, but you know how to use your strengths, skills and abilities to help you boost your confidence, create a happier, more positive life that impacts you and those around you.

To create the life you want and know that you can sustain it because you now have access to your own inner source of power, that feeds and nurtures everything around you.

To know that you are supported by a group of professionals whose main aim and passion is help you develop and grow, enabling you to level up and start thriving in life.

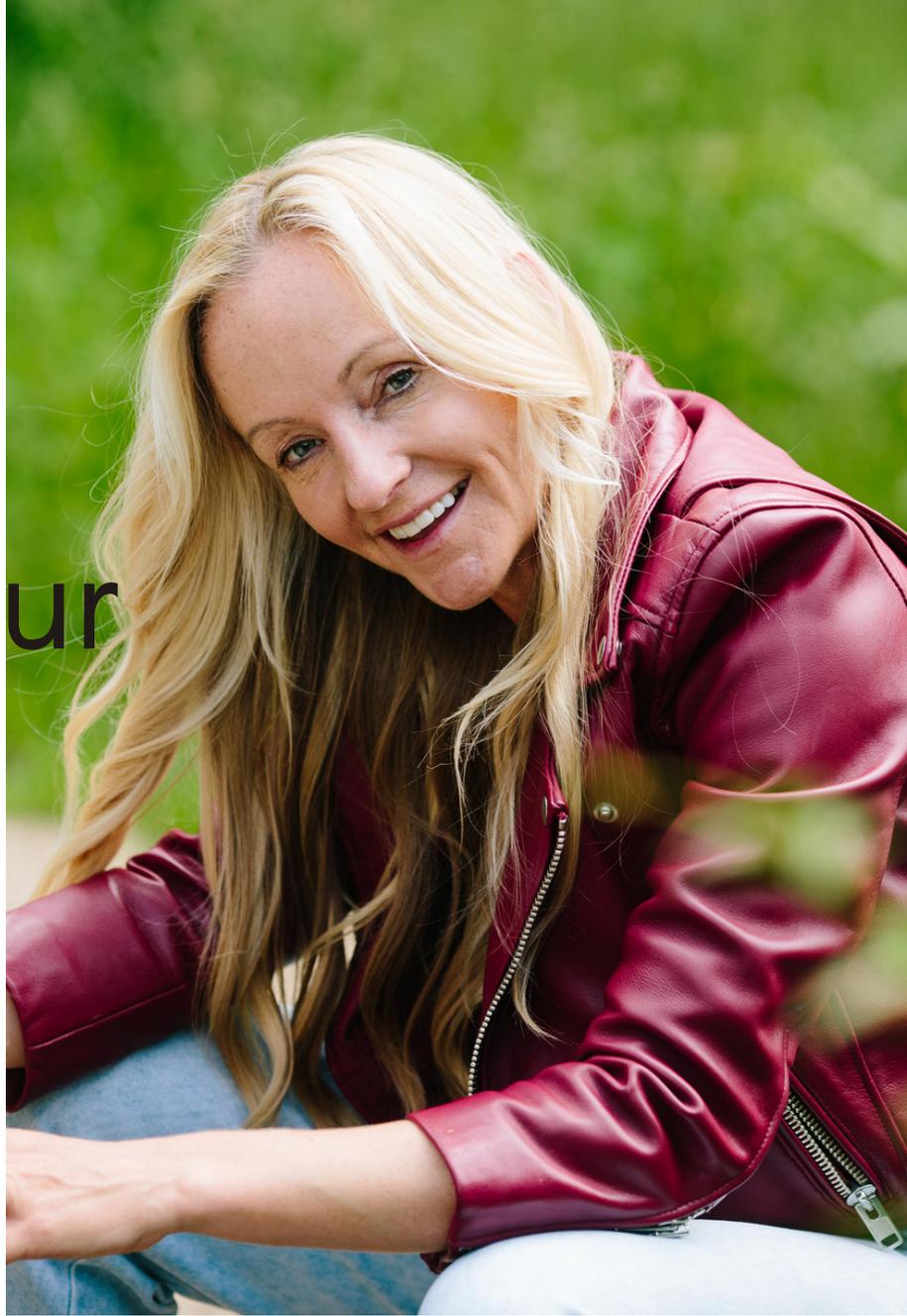
To know you are Empowered to Thrive.

EMPOWERED TO THRIVE

— THE TEAM

Meet your coach

Fleur Prime



With over 20 years' experience in education 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 and neuroscience 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.

Fleur's works with a variety of people including Adults, Teenagers and Children. Whether you are a CEO or Entrepreneur looking for guidance to reduce stress and increase productivity or a Woman who may have lost themselves Fleur is here to support you. As a Mum of three, Fleur is finely tuned into the complexities and pressures modern day lives brings to the youth of today and she offers a special set of services to help struggling Children and Teenagers and their families.

EMPOWERED TO THRIVE

— THE TEAM

Meet your coach

Lucia Paredes



Lucia is a Happiness Coach and an experienced Marketeer with a 20-year award-winning career. Her deep understanding of the fast-paced corporate world combined with her expertise in happiness and optimal well-being, helps her not only understand the challenges of living on autopilot, but create a safe space and bespoke coaching sessions designed for individuals to both thrive and revive in life.

She has completed studies in Science of Wellbeing and The foundations of Positive Psychology as well as being part of an ongoing mastery coaching program.

Lucia is often described as creative, passionate, energetic and someone who sports unlimited optimism, qualities that she uses as the tools to help others in her coaching practice.

She helps individuals get to know themselves better, access and unlock their strengths & abilities and re-connect with that light that sparks them up.

Whether you are someone who stopped recognising themselves when they look at the mirror, finding challenging to see the good and opportunities in life or tired of constantly swimming upstream, she has your back. She offers a set of services to help create happiness and live a meaningful and fulfilled life.

PROGRAMME SCHEDULE

Part 1 - Step into your own greatness

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

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.

Part 4 - Developing our superpowers

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.

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 success.

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.



THE REVIEWS

Hear from other students

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](#))

I had such a good experience with Lucia and Fleur during the Empowered to Thrive workshop. 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](#))

THE REVIEWS (cont.)

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](#))

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](#))

I have just completed this course "Empowered to Thrive" run by a couple of lovely ladies - both experienced coaches. Its 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 . The course is running again this month and I cannot recommend it enough, you will not be disappointed ([Lisa Antonini](#))

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](#))

I've just done the Empowered To Thrive 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](#))

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](#))



TAKE THE NEXT STEP ---

JOIN US AND HUNDREDS OF OTHERS AND START THRIVING IN LIFE!

[JOIN EMPOWERED TO THRIVE](#) 

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