



WE ARE PEAC

Online and in-person training / workshops

Science-backed workshops to help Engage, Educate and Empower employees to be motivated and inspired to be their best selves.

Our Science-backed immersive programs are created for your people, using Neuroscience of Change, Science of Well-being and Positive Psychology to feel good at home and work resulting in having the energy, creativity and commitment to reach the company's vision and mission.

Our deep understanding of the corporate and teaching world helps us develop immersive programs, expertly designed based on principles of how people learn best: a mix of practical exercises and educating to benefit all learning styles. We work with organisations to drive people's improvement, from the top down and the bottom up.

Our programmes are designed to:

- Boost employee motivation
- Increase employee confidence and performance
- Align employee efforts with workplace's working ethos
- Enthuse and inspire employees to do better
- Generate a stronger bond with the workplace
- Generate stronger human connections
- Provide deeper self-awareness
- Re-connect employees with their inner joy
- Increase workplace performance

We help with:

- Leadership Development
- Creative thinking
- Motivation
- Empowerment
- Employee engagement
- Digital learning
- Coaching
- Mentoring
- Talent development
- Change
- Hybrid working
- Bridging the workplace gap (connecting baby boomers, Gen Z, millennials and everything in between!)

These workshops have been designed to be delivered in 60 minutes. We can deliver them both in-person and online and are priced at £750.

We also provide bespoke workshops, tailored to you, your teams and business needs. Contact us to discuss more details and how we can help support you.

NEUROSCIENCE OF CHANGE:

Helpful to understand behavioural foundations of change. With this workshop you and your team will learn from the latest Neuroscience of Change to understand your brain and biology and how to work with them to create sustained change.

Helps with: remote working, organisational change, environmental change, behavioural change, transition, team / company merger and work and home stress.



JOY IN THE WORKPLACE:

Helpful to help navigate busyness, increase creative thinking and motivation.

In this workshop, we will help teams reconnect to their purpose, inner strength and motivation to help them derive joy from everyday routine. Feeling empowered and with a renewed sense of connection and belonging that positively impacts their relationship with others and the company.

Helps with: engagement, creativity, zest, motivation, inspiration, mindset, contentment, happiness, flow, brainstorming, idea generating, problem-solving.



IMPOSTER SYNDROME:

Helpful for understanding self-doubt and how it may be holding your team back.

This workshop helps understand what impostor syndrome is, its roots and the influencing factors impacting our behaviour, and ways in which we can overcome it.

Helps with: indecision, procrastination, effective decision making, confidence, leadership, proactive engagement, presentation skills, performance and delivery.



HAPPINESS IN THE WORKPLACE:

Helpful for increasing employees' 3 e's: Engagement, Enthusiasm and Effectiveness.

Upgrading employee success, satisfaction and motivation to deliver company's vision & mission.

In this workshop we look at the key factors that influence happiness, with learnings from Yale's most popular course, to help understand the Science of Happiness.

Helps with: individual's satisfaction, self-esteem, self-awareness, positive thinking, motivation, inspiration, commitment, resilience and staff retention.



DIFFICULT CONVERSATIONS: STRONG RELATIONSHIPS

Helpful for building strong working relationships, in particular, for those newly promoted to management roles.

With this workshop we will help your employees master the art of connection and mutual agreement. Gain awareness towards personal behavioural traits, interpersonal skills, leading with empathy and how to communicate assertively and empathically for best working relationship results. To avoid the drama triangle and take active responsibility for themselves.

Helps with: self-development, management, leadership, communication, behaviour, personal management, alignment, inclusion.

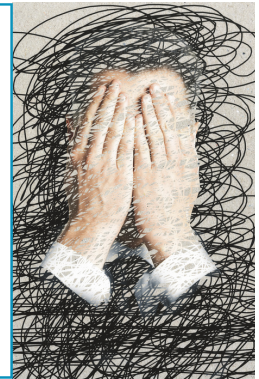


BUILDING RESILIENCE AND EMOTIONAL CAPACITY TO MANAGE STRESS:

Helpful for understanding our brain response to constantly changing demands.

In this workshop we will share some tools and resources to better understand our ingrained brain responses and how to manage ourselves to be able to cope with everyday stress and challenges.

Helps with: resilience, emotional capacity, brain management, stress, anxiety, change, overwhelm and uncertainty.



THRIVING FOUNDATIONS FOR GOOD MENTAL HEALTH:

Helpful for understanding wellbeing basics.

In this workshop we will help your teams understand the fundamentals to thrive. Working with your mind and body to help adjust your routines, habits and environment to create the foundation to allow them to feel and be their best.

Helps with: routine, healthy habits, empowerment, self-leadership, healthy practices, wellbeing, wellness, inner strength, consistency, energy levels, and good mental health hygiene.



GROWTH MINDSET AND NEUROSCIENCE:

The workplace is an ever-changing place that requires of an ever-evolving workforce.

In this workshop, we will help teams understand the roots of change and how to embrace it. What can be controlled, what can be impacted, what we are accountable and responsible for. Cultivating a growth mindset based on adaptability to change, positive thinking and ownership.

Helps with: growth, change, positive thinking, positive practices, ownership, effectiveness, self-leadership, team work, impact, individual and team responsibilities, boundaries, effective communication.



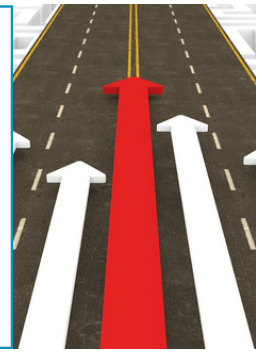
THE 8CS FOR SELF-LEADERSHIP:

Confidence, calmness, creativity, clarity, curiosity, courage, compassion, and connectedness.

Helpful for Empowering Individuals and Leaders.

This workshop is designed to help empower individuals and leaders, to be able to lead themselves to help build a robust and productive culture where every person is behaving in a way that supports themselves and each other.

Helps with: emotional intelligence, safety, vulnerability, connection, transparency, inspiration, motivation, self-awareness, communication and learning to lead through being a good role model.



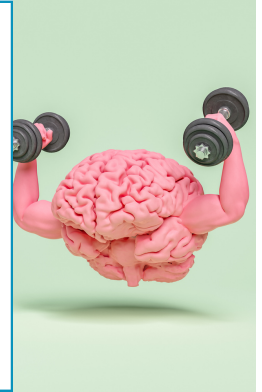
GET TO KNOW YOUR BEST SELF:

Helpful to unlock staff potential, growth and confidence.

With this workshop, employees will learn to understand themselves better to help unlock their optimal potential. A self-assessment and practical guide to understand their values, strengths and skillset. Why they do what they do and how to continue to feel confident in their own abilities to produce their best work.

The 3 keys: awareness, acceptance and action.

Helps with: awareness, self-leadership, confidence, stress management, anxiety management, energy, stamina, resilience, adaptability, team support.



SCIENCE OF HIGH PERFORMANCE:

Helpful to encourage and empower attendees to understand themselves so they can perform at their best.

In this workshop they will learn how their brains and bodies operate and how to work with them to perform at their best. A deeper self-understanding through latest learning in Neurobiology affecting our nervous systems, brain functionality and behaviours.

Helps with: daily performance, high performance, brain work, emotional capacity, management, resilience, peak performance, satisfaction, growth.



LEADERSHIP - FEEL EMPOWERED AND SUPPORTED TO LEAD THE WAY:

Support your leaders / leadership team and aid them in unlocking their true potential.

Whether they are newly promoted to the senior leader team or have held this position for a while.

Being at the top is hard and lonely. Everyone will look up at their leaders waiting for an answer, directions, to problem-solve or provide guidance. And it takes a toll.

A science backed approach to wellbeing and peak performance to help leaders understand what to do to consciously lead and be at their best, physically, mentally, socially and emotionally.

Helps with: leadership, C-suit, prioritisation, delegation, emotional intelligence, self-leadership, relationships, communication, team structure, clarity, decision making.



THE FOUR PS OF CONFIDENCE:

Helpful for teams looking to build individual's confidence, to create relationships built in trust.

With this workshop your teams will learn to increase their confidence via a 4-step process: Presence, Patience, Practice and Persistence.

Helps with: individual confidence and performance, team bonding, team building, synergies, team efficiency, team trust.

