

The image features a hand holding a glowing, wireframe brain against a sunset background. A network of white dots and lines is overlaid on the scene, suggesting neural connections or a digital network. The text 'WE ARE PEAC' is positioned at the top center.

WE ARE PEAC

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.

— OVERVIEW

Approach: live & self-paced

A mix of live sessions and online tests, tools and resources for you and your teams to learn at your own pace.

Duration: 10 hours(*)

10 hrs of live training and access to a resources library with podcasts, recommended readings, meditations and video content.

Personal support: 2 x 1h sessions

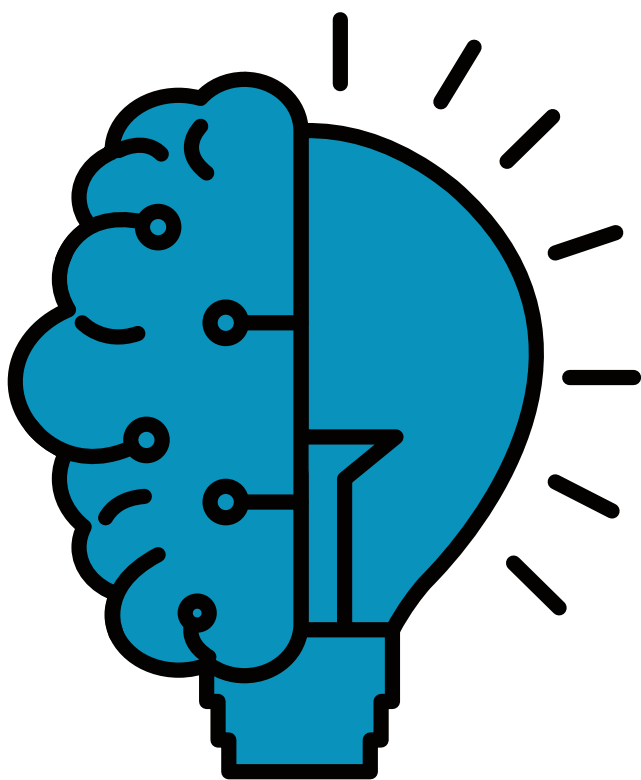
Two private coaching sessions for all attendees, we will also work with your leadership team to help assess any struggles / challenging points and conduct an online employee survey to help us build bespoke modules addressing your needs.

What is Empowered to Thrive?

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 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 your team will learn to take conscious action to create a happier, more fulfilling life and use their inner strength for a better life at home and work.



(*)Please note self-paced content is estimated at 32hrs, overall course content estimated at 42hrs, inclusive of live training sessions.

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 & professional 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.

— WHAT'S INCLUDED?

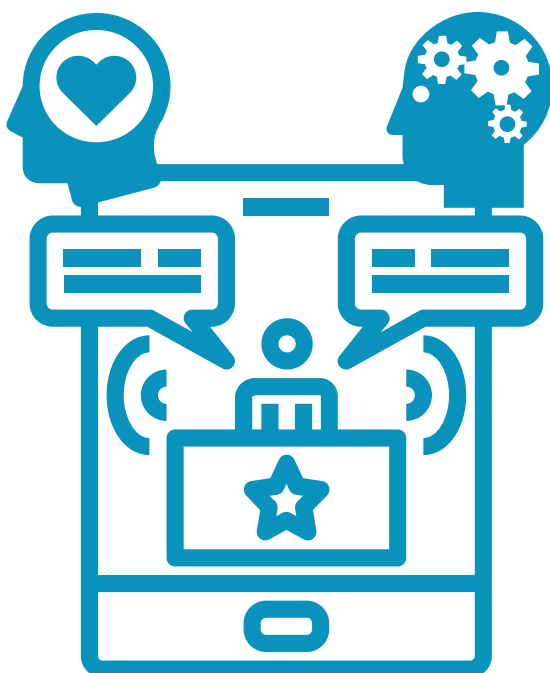


10 hours of bespoke, quality coaching

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

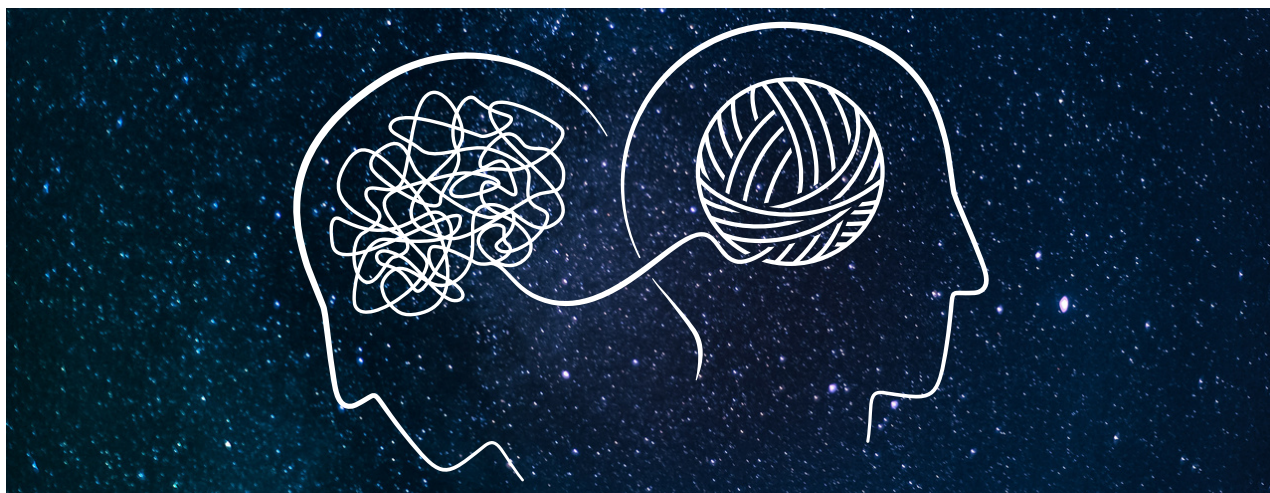
As part of the self-paced learning, you'll have access to a vast library of resources with tools and activities designed to help you discover more about yourself and how to create a more fulfilling, happier life.



7 modules where the coaches will share their expertise

7 training modules 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



BENEFITS OF OUR COURSE

Empowered to Thrive has helped hundreds of individuals and companies:

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

With a track-proven method:

We **Engage, Educate and Empower**, moving individuals from surviving to thriving and resulting in a better performing workforce.

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 individuals understanding and experiencing how to work best with their brains and bodies to efficiently impact their behaviours and increase their motivation and energy.

EMPOWER

We motivate, inspire and connect with your employees.

We show them the tools and techniques that will enable them to take ownership of their own journeys.

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 your employees on a learning and experiential journey that will allow them to become confident and curious in embracing their own potential, motivated and energised to build their own paths, growing and developing their best selves.

— 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 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.

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

I absolutely loved the Empowered To Thrive 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.

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



EMPOWERED TO THRIVE

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!!!

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

Empowered to Thrive 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 "Empowered to Thrive" 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 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.

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

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
- 1h kick-off leadership team session - to assess your company needs and inform course content delivery
- Employee pre-questionnaire (all) - to further understand employee's needs and inform course content delivery
- Course library access: access to course material, including exercise templates, recommended readings, further learning toolkit such as podcasts, video gallery and other recordings.

Fee: £547 per person

Other delivery methods:

Our course can also be delivered via:

2-day Workshop

(up to 20 pax)

Includes:

- 2 days (10-4pm) group sessions (in-person)
- Course library access: access to course material, including exercise templates, recommended readings, further learning toolkit such as podcasts, video gallery and other recordings.
- 1h kick-off leadership team session - to assess your company needs and inform course content delivery
- 2 x 1h private coaching session for leadership team

Fee; £6,000

Live coaching sessions

7-week course with 90 min live coaching sessions

Includes:

- 7 x 90 min weekly group sessions (online)
- Course library access: access to course material, including exercise templates, recommended readings, further learning toolkit such as podcasts, video gallery and other recordings.
- Employee pre-questionnaire (all) - to further understand employee's needs and inform course content delivery

Fee: £397 per person

Self-paced

Learn through pre-recorded sessions and online tests, tools and resources for you and your teams to learn at your own pace.

Includes:

- Course library access: access to course material, including pre-recording learning sessions, exercise templates, recommended readings, further learning toolkit such as podcasts, video gallery and other recordings.
- Possibility to add-on one-to-one private sessions (additional fee applies)

Fee: £197 per person