

"THE NEW YOU" PERSONAL DEVELOPMENT SERIES

*"ONE ISN'T NECESSARILY BORN WITH COURAGE...
BUT ONE IS BORN WITH POTENTIAL."*

MAYA ANGELOU

EXPLORE THE MOST EFFECTIVE SELF-DEVELOPMENT TECHNIQUES AND
UNLOCK YOUR POTENTIAL THROUGH A SERIES OF
INFORMATIVE, INSPIRING AND INCLUSIVE WORKSHOPS
DESIGNED SPECIFICALLY FOR THE PEOPLE IN YOUR ORGANISATION.



MEET YOUR PRESENTER



Adie Saunders
Master Trainer
Public Speaking and Confidence Coach
Motivational Map Practitioner

**Founder of Yes You Can Training and
co-founder of Wine Women Wisdom**

www.yyctraining.com

A professional and driven corporate trainer and transformational coach with over 10 years of experience in building highly effective teams for a wide range of small, medium and multinational companies such as General Electric (Engineering), Promod (Retail Fashion), Gold's Gym (Leisure) & Sweaty Betty (Luxury Sports Retail).

I've graduated from the Master Trainer Institute in Geneva and worked delivering training to organisations across a diverse range of industries including Deloitte, Bank of England, LV=, Universities of the South, BAE Systems and Siemens.

My background is in team gymnastics, having personally achieved World and European Championship medals. Reaching that level requires conscious confidence, crystal clear communication, with a constant evaluation of performance and reflection on how to improve.

These sporting skills have driven my success in business which I now get to share with professionals inspiring them to reach their full potential.

As a confidence coach I have made it my mission to give people the techniques they need to learn more about themselves and their way of reacting to the world.

WHY JOIN THE "THE NEW YOU" PERSONAL DEVELOPMENT SERIES?

At some stage in your career you're likely to experience some sort of professional challenge you'd like to overcome and would be interested in arming yourself with the techniques to help you tackle those challenges.

Everyone has the potential to grow. You might not have all the internal resources you need, but you DO have the internal resources to understand where you'd like to grow and what you'd like learn.

You're keen to learn about becoming more inspirational, persuasive, assertive and want to learn in a professional, safe and friendly environment, surrounded by others who have similar questions to you.

These personal development sessions will provide an introduction to simple but useful techniques for personal development, practical exercises for you to try out and a professional business coach to discuss your questions with.

Join the "The New You" Personal Development series to explore the basics of the latest techniques available for self-development.

"THE NEW YOU"

PERSONAL DEVELOPMENT SERIES TOPICS

1

Using feedback as a powerful tool for growth.

2

Presenting with impact: handle difficult situations and keep your cool.

3

Successful careers: luck, talent or both?

4

Facts vs storytelling: why heroes, journeys, surprises and happy endings have a place in corporate presentations.

5

Playing corporate chess: Navigating politics and strategy in the workplace.

6

Natural Networking - unlock your potential to connect with others in an authentic way, whether you're an introvert or an extrovert.

7

The key to being persuasive: the 5 elements of inspiring & engaging presentations.

8

Straight Talking - learn the language of assertiveness and how to use it to inspire others to listen.

"THE NEW YOU" PERSONAL DEVELOPMENT SERIES

Engaging, personalised and focussed on bringing discourse, reflection and self development to your organisation.

Conveniently scheduled and delivered to fit your organisation's needs.

Includes :

- 👉 Eight 60-minute virtual workshops (4 x Spring / 4 x Autumn)
- 👉 Open Q&A session at the end of each workshop
- 👉 PDF session toolkit
- 👉 Topics on demand

Price:
£2800
8 sessions

OR

Price:
£1500
4 sessions

APPENDIX

EXAMPLE PERSONAL DEVELOPMENT WORKSHOP

IMPOSTER SYNDROME: why feeling unsure shouldn't make you a fraud



IMPOSTER SYNDROME: why feeling unsure shouldn't make you a fraud



30 minutes of theory

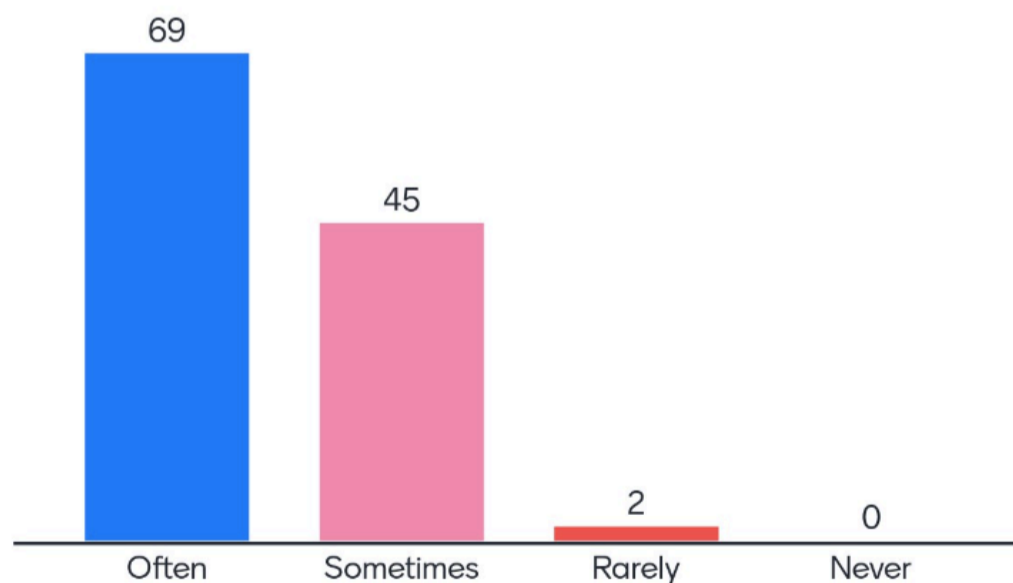
30 minutes Q&A

200 registration

170 participants

This is what participants said:

Do you suffer from Imposter Syndrome?



IMPOSTER SYNDROME:

why feeling unsure shouldn't make you a fraud

What messages are people telling themselves when they experience the impacts of Imposter Syndrome:



YES YOU CAN

TRAINING

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