

ENERGISED & EQUIPPED:

8 STEP MASTERCLASS TO THRIVING IN 2021 (AND BEYOND)

4th November 2020 - 6th January 2021

READY TO PRESS RESET AND LAUNCH YOURSELF POWERFULLY INTO 2021?

Energised & Equipped takes you on a journey to create a better, more powerful you. Each live online 60-minute session provides you with practical tips and strategies that you can apply from today to accelerate your success at work, and in life.

These sessions have been designed to pick you up, inspire you and get you set for a successful 2021. The programme works best as a whole but has also been created so that you can select and attend just the sessions that feel most relevant to you.



**Cat Muspratt-Williams, Head of Coaching
ICF accredited, ACC certified**

British by nationality, international by experience. Cat was born in Hong Kong and has spent numerous years working in London, Sydney, and Singapore. Equipped with a BSc in Psychology and over 20 years of experience in the Communications world, she's built and led revenue-generating divisions across multiple, renowned agencies. Most recently, she was the Head of Asia Pacific for Edelman Intelligence.

SESSION 1: THE LEADER IN YOU

Wed 4th November 5pm-6pm

Everyone, no matter what role you currently have, has the capability to be a leader. This session dives into the qualities and traits that make a great leader, and how to identify and define the leader that you want to be. Using a series of coaching exercises we explore your values and philosophies and create a plan on how to bring your leadership qualities to life at work and in your everyday. This session sets the foundation for how you show up at work, and how you can effectively progress in your career.

SESSION 2: SELF-MANAGEMENT

Wed 11th November 5pm-6pm

One of the toughest challenges to being great at what we do is managing ourselves. Mastering your own personal effectiveness requires being able to deal with life, as it presents itself, both at home and at work. This session will help clarify what personal effectiveness is, why is so important and how to get better at it so that you can perform at your best.

SESSION 3: FINDING YOUR VOICE

Wed 18th November 5pm-6pm

Public speaking, or speaking up in meetings, is recognized as one of the biggest fears that people have. If you find yourself holding back from speaking up, or dreading having to contribute in a meeting then this session is for you.

Covering a blend of coaching techniques to identify your limiting beliefs, and a series of tools and techniques to build your confidence this session will shift your mindset towards speaking up and presenting.

SESSION 4: PEAK STATE

Wed 25th November 5pm-6pm

Being in a peak state means operating at the level you want to be, so that you can achieve ambitions beyond anything you've done before. When you are in peak state, you feel energised, focused and ready to conquer the world. Some people call this being 'in the zone', others call it 'being in flow'. This session looks at how to manage your energy so that you can create your peak state for those moments when you need to be motivated, decisive and at the top of your game.

SESSION 5: DEEP LISTENING

Wed 2nd December 5pm-6pm

Listening is a skill that many of us underestimate. Being able to listen deeply to what is being said has a major impact on how effective we are at our job, and on the quality of the relationships we have with others. In this session we share the components of deep listening, how it can positively change the conversations you have, and the techniques to apply to improve your listening abilities. By becoming a better listener, you will improve your productivity, as well as your ability to influence, persuade and negotiate.

SESSION 6: POWERFUL QUESTIONING

Wed 9th December 5pm-6pm

Asking questions unlocks learning and improves the conversations you have with others. Asking powerful questions reveals insights that change the way you create and deliver your work. This session focuses on building your questioning skills so that you have the confidence to get more insight out of others, shift people's perspectives and ignite thinking and ideas.

SESSION 7: OWN YOUR CAREER

Wed 16th December 5pm-6pm

Our career is just that. Ours. But we don't often sit back and reflect on what we want it to look like and what we need to do to get there. Who do you want to be as a professional? What impact do you want to have? What is your big life goal? It is up to each of us to map out our career and take ownership of the actions we need to take. This session is designed to explore all these areas and to help you discover the answers. By the end of the session you will have defined who you are/want to be as a professional, what your big career aspiration is, the direction you want to head and the steps you need to take to get there.

SESSION 8: GOAL SETTING

Mon 21st December 5pm-6pm OR Wed 6th January 2021 5pm-6pm

Do your goals inspire you? Do you feel excited by what you've planned to achieve? Many of us set goals because we have to, or because we feel we should. But if we don't feel connected to them, or excited about the idea of achieving them, we tend to lose our motivation. In this session we cover how to identify the goals that matter to you most, how to write them in a way that inspires you, and how to create an action plan that will keep you fired up, focused and on track for the year ahead.

ARE YOU READY?

If you like the sound of this and are ready to jump into 2021 feeling focused and pumped, click below to book your tickets.

Buy just the sessions you're interested in or buy tickets to the entire programme and receive a great discount!

BOOK NOW

