

# EMPOWERED TO THRIVE

GROWTH AND DEVELOPMENT OPPORTUNITIES FOR YOUR TEAMS  
2021



**THRIVING PEOPLE ARE THE  
SECRET TO BUSINESS SUCCESS**



# LUNCH & LEARN: DEVELOPMENT FOR THE TIMES

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Our working world has shifted and with that comes a series of new challenges:

- How do you continue to manage and lead effectively?
- How do we ensure our teams are engaged and thriving?
- How do you manage the team's feelings of isolation and disconnection?
- How do we facilitate the continuous growth of our people?

To address these challenges, 33 Talent has created a series of bite-sized online learning and development sessions to keep teams motivated, focused and engaged. These can be scaled up or down depending on requirements.

Each session runs from 1 hour to 2.5 hours depending on the module and are conducted via Zoom.



# KEEPING YOUR PEOPLE CONNECTED

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Now more than ever, companies are looking for ways to keep their teams feeling connected. Our online sessions are an ideal opportunity to:

- Bring everyone together
- Create energy amongst the team
- Expand thinking beyond the current daily struggles
- Shift mindsets
- Engage the staff

Technology enables us to create highly interactive sessions to maintain engagement:

- Teams can be broken into pairs or small groups for discussion before re-joining the wider group
- Virtual whiteboards allow people to contribute their ideas and thoughts

# MANAGING MINDSET & MENTAL HEALTH

We offer a series of sessions focused on managing mindset, emotions and mental health. Using our coaching expertise these sessions include elements of reflection, insight and personal growth to help build the confidence and resilience of the team.



- **Thriving in Turbulent Times:** Setting yourself up to thrive in this new virtual workplace: Creating structure, goals, motivation and focus
- **Peak State:** How to manage your energy when you're working from home so that you remain productive and effective
- **Developing Focus :** How to create and maintain focus when you're surrounded by less structure and new (home) distractions
- **Managing positively:** for managers who are struggling to manage their newly remote teams, what behaviours, techniques and processes can you implement to keep the team connected, inspired and efficient?

# DEVELOPING CAREER & BUSINESS SKILLS

We have also adapted our most popular training sessions into a selection of bite-sized development modules that focus on developing career paths, goals and business development skills.



- **Own Your Career:** how to take ownership of your career by defining your professional self, mapping out your big goals and developing a growth mindset to create opportunities for your development and success. For Managers and below.
- **Active Listening:** how to listen more deeply to better understand and identify the needs of your clients and your team. This session improves the quality of the conversations you have so that you can create better solutions.
- **Asking Powerful Questions:** develop the skills to ask more impactful questions to gain deeper insight and understanding. A great session for those looking to have more strategic and valuable conversations with their teams and clients.
- **Goal setting:** for Managers and teams who need to create or redefine their goals, this session takes you through a structured process of identifying your priorities, defining your goals, managing obstacles and develop actions to get you to where you want to be.

# GETTING THE MOST OUT OF LUNCH & LEARN SESSIONS

Beyond sharing practical tips and strategies, our Lunch & Learn sessions also includes a series of coaching style exercises that challenges people's thinking and encourage the team to consider things differently.

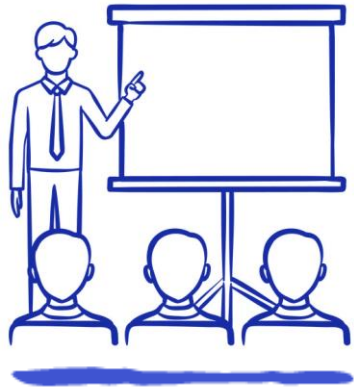
- **What's holding them back or getting in their way?** Many of us know about what we're supposed to be doing, but many of us our not doing it. Why?
- **How can they shift their mindset to perform better?** Using a series of exercises we help people reflect on where they are at right now, and where they want to be in order to perform at their best
- **How can they structure and plan better?** A series of coaching focused questions are used to encourage attendees to start mapping out a plan for integrating all that they experience and learn during the session.

These exercises are weaved into the sessions so that the attendees receive a mix of learning, growth and reflection.



# DEEPER TRAINING

Beyond our bite-sized development sessions we conduct a range of other in-person development workshops which, if of interest to you, can be adapted for the virtual space. Some of these include:



**Leadership Brilliance:**  
Stronger, smarter, better

**Trust:**  
The foundation of team success

**Manager Excellence:**  
Set your Managers up for success

**Performance Management:**  
Getting the most out of your team

**Coaching For Performance:**  
Leading better workplace conversations

**Resilience:**  
Adaptability, positivity & perspective



# TRAINING FEEDBACK

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Here is a taste of some of the responses we've had to our different Lunch & Learn sessions:



This (session) totally changed my mindset!"

Account Director, AI Insights Firm



Brilliant Cat! This was a good balance (of information) and good to add in the little exercises"

HR Director, FinTech Company



The virtual training session that the 33 Talent team facilitated for us was just as powerful and helpful as the face-to-face version. I was dubious about the power of technology to deliver the same results we saw in our team after the first session but I shouldn't have worried."

Managing Director, Public Relations Agency



Informative and enjoyable for everyone!"  
Managing Director, Communications Agency



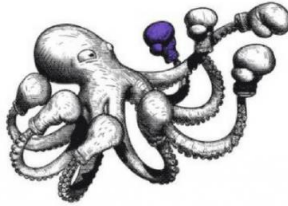
Great prompting questions to help us reflect"  
Manager, AI Insights Firm



# OUR EXPERTISE



# OUR COACHING & DEVELOPMENT PARTNERSHIPS



MULLENLOWE  
SALT



**BOSCH**



QUILT.AI



**KATHRYN WOOF**  
**MD, 33 TALENT: ACC CERTIFIED**

*A BIT ABOUT ME*

I moved to Singapore in 2009, specialising in Talent in the Communications, Digital and Data sectors. I've witnessed huge changes sweeping across these industries and this is what initially fueled my interest in coaching – how do people cope with change?

I trained as a coach in 2018 and loved it from the get-go. I enjoy taking people on a journey which ends with clarity, options and self-belief. When those three elements are aligned, it's inspiring to see what people can achieve.

I gain immense satisfaction knowing that positive gains from a coaching journey ripple out into all areas of a person's life and work, benefitting others along the way.

*LET THE POSITIVE EFFECTS  
TRIPPLE OUT.*



*SPECIALTIES*

- Starting a business
- Strategic career planning
- Women in leadership
- Rediscovering your mojo

*PROFESSIONAL EXPERIENCE*

I have always worked in the Talent industry and in 2012 founded my own business in this space, 33 Talent. During my 20-year career I've learnt the importance of having an engaged and motivated team, and that every leader can only be as successful as the team they have empowered.

As a business owner my workday includes sales, business development, marketing, operations, strategy, innovation, HR and recruitment – the life of an MD!

## CAT MUSPRATT

HEAD OF COACHING, 33 TALENT: ACC CERTIFIED

### A BIT ABOUT ME

British by nationality, international by experience, I was born in Hong Kong and have worked in London, Sydney and Singapore. My passion to work with people and to help them succeed was established when I studied Psychology (BSc) at university.

As a coach my mission is simple, to inspire people to see what's possible. I believe that people who feel inspired feel energized and ready to take on the demands and challenges that they may face in their career and in life.

Through deep coaching I work to bring people closer to the future they want, whether this is to become more confident as a manager, more powerful as a leader or to become more effective in the work that they do.



### SPECIALTIES

- Leadership development
- Role/Career transition & first 90 days
- Focus & productivity
- Confidence & empowerment

### PROFESSIONAL EXPERIENCE

I have over 20 years' experience in the communications world (media, PR, insight and research) having built and led revenue generating teams and divisions across multiple agencies. My most recent role was as Head of Asia Pacific for Edelman Intelligence.

I understand the challenges and rewards of being a leader and have the skills and experience to assist other leaders in creating a vision, establishing values, building thriving cultures and driving productive, collaborative teams.

EVERYTHING IS POSSIBLE.

# WE ARE YOUR INTEGRATED HR PARTNER



**HIRE**  
Recruitment  
Services



**ENGAGE**  
HR Consultancy



**UNLEASH**  
Coaching



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