

KATE BISHOP

Workplace Wellbeing & Leadership Confidence

I work with businesses to create and improve their workplace practices for mentally healthy, happy teams through programmes, workshops and keynote talks on well-being, confidence and resilience.

Each of the below services can be tailored as a keynote talk (1 hour) or a tailored workshop (3 hours)

Each programme is suitable for up to 20 participants and is held online or onsite at your offices and all bespoke personal development tools are included.

What are your main areas of concern & how can I provide solutions?

I would recommend running a company wide survey to assess your team's main areas of concern as I am then able to tailor my talks & workshops to your needs. I can create bespoke offerings based on my areas of expertise to provide the best solution for your people.



Wellbeing at Work Talks

Make Stress Your Driver Not Your Paralyser

Stress can be the most debilitating state to be in and we often see a huge drop in productivity, motivation and poor decision making as a result of employees being stressed. Not to mention the time and expense of team members being off sick with stress.

This talk / workshop will teach your team how to become resilient when faced with challenges and pressure. Stress affects us all, especially at work. Learn how to use it to motivate rather than debilitate.

Attendees will focus on how to manage and minimise their stress not just at work but in all areas of life thereby reducing absenteeism, increasing health and happiness along with productivity and decreasing absenteeism and recruitment costs.

Gaining & Maintaining Life Work Balance

The classic complaint of the majority of my clients – “I just don’t have enough time Kate!” Especially when it comes to doing the things they love or simply relaxing.

The struggle to switch off from work, having a never-ending ‘to-do’ list and juggling life itself is cited as one of the main causes of everyday stress and ultimately burnout – not something we want to live or deal with.

Use this talk or workshop to cultivate a life you want to lead whilst also producing fantastic work – thrive rather than merely survive!

Be a Palm Tree to Rediscover Your Resilience

This popular talk and workshop explores what resilience is, how it helps us control our stress response and how it can aid us in all areas of our lives.

Our internal strength is often tested when we face a multitude of challenges or changes. Learn how to bounce back from setbacks positively, re-frame your mindset to be more optimistic and how to respond in stressful situations.

Your team will gain a full understanding of stress, resilience, how to create a healthy approach to life and to challenges as well as lots of tools to build and maintain their resilience.

Switch Off To Sleep

This talk explores the science of sleep, how to get more of it and how to do it well. Sleep should be easy, after all we spend 26 years of our life doing it! Yet, we often find ourselves constantly tired when we should be awake but then fully alert when we should be dropping off for our 8 hours of slumber.

I will highlight the important role of sleep in our physical and mental health, the consequences of not getting enough shut eye and give participants tools on how to improve and increase their 40 winks.

Attendees will walk away knowing how to improve their sleep, lower their stress levels and have a clearer understanding of how to rest better.

Working Healthily From Home

As more and more organisations allow their employees to work from home people find their 'old ways of working' turned upside down.

We'll explore the pros and cons of working from home, how to create a working routine and stick to it, how to create the best working environment at home and, crucially, how to stay focused and motivated.

By providing the framework and approaches to have more productive and positive days at home, attendees learn how to cope with feelings of isolation and loneliness, cultivate methods of working on their own yet still remain connected.

Employees and managers will gain insight on how to develop meaningful boundaries: create the right mindset and practical techniques to structure their day and organise themselves. By exploring effective communication, maintaining trust with your colleagues and communicating in a way to help - not hinder - productive working practices all participants leave feeling motivated and more in control to work from home effectively.



Confidence for Leadership & Management

Make An Impact

For employees in need of a boost to their confidence at work, when leading teams, creating projects or if they are about to step up into management.

Entrust them with autonomy, decision making and delegation to enable your teams to work together to achieve even more.

From Kate's keynote talk you will learn:

- How to be assertive rather than aggressive in your communications
- Where you lose your 'power' & influence and how to regain them
- To speak up and be heard
- To be seen for the positive impact you are making and can make in the future.
- How to communicate effectively - even with the most difficult people!

Create Career Confidence

Empower yourself and your employees to excel at presentations and sales pitches, be comfortable with clients and senior leaders.

Nervous of speaking up or running meetings? Does the idea of networking make you come out in a cold sweat?

Book a Career Confidence talk or workshop to work with those fears so they enable you not inhibit you and discover:

- How to create your confidence toolkit with strategies, development tools and tips for ongoing and instant confidence
- How to create a lasting inner belief in yourself
- A performer's secret to stage fright - how to overcome it
- How to turn that negative inner voice into your champion
- Your main personality driver and how to be your best self (*workshop only*)
- Tackle Imposter Syndrome (*workshop only*)

Solving Imposter Syndrome

Do you feel like you are about to be found out? Often have thoughts that you shouldn't be in the position you currently are? Or put it all down to fate, chance or luck?

With this talk we'll discover what imposter syndrome is, what causes it in so many people and, most importantly, how to overcome it so you and your team become courageous, confident and live as who you really are.



Rates

1 hr Webinar	£250
1 hr Talk (at your premises)	£450
Half-day Workshop (for up to 12 delegates)	£950
Full-day of 2 Workshops (for 2 different groups)	£1,900

Coaching

I work with individuals to build their confidence within their career whether they have been earmarked for promotion or have returned from long term leave.

Coaching programmes start with a Strategy Session to ensure I am the right coach for each individual and a programme of 6 subsequent sessions start at £1,200.

All coaching programmes include:

- ★ Pre-Session prep sheet sent weekly
- ★ Weekly accountability checks via email
- ★ 1 x Review session to assess our progress towards the end of the programme (30 mins +)
- ★ Email and text support throughout our coaching journey
- ★ Personality style profiling via DISC
- ★ Full bespoke development tools given
- ★ My complete involvement in your journey with recommended books, podcasts, talks etc.
- ★ 1 x Touch Base session post the coaching journey to assess your ongoing progress

Please note that these sessions are held in complete confidence, however, It is advisable for the individual's manager to set out aims and objectives for the coaching programme so we can track progress.