RESILIENCE AND WELLBEING

Performing under pressure

Short workshops. Practical tools you can use straight away.

What is it?

A menu of upbeat workshops that build resilience and wellbeing, helping people stay clear headed and perform under pressure.

How it works

- Pick individual workshops
- Build a tailored programme
- Delivered in person or online



Managing Pressure

PRESSURE PATTERNS

Understand the tricks your brain plays under pressure, and how they make things feel worse than they really are. Learn to manage them, rather than letting them manage you.

FEED YOUR SOUL (NOT YOUR ANXIETY)

Understand the difference between pressure, stress and anxiety, and how the right level of pressure drives performance. Find what you need to ease it when it gets too much.



Worry & Uncertainty

CONTROL YOUR CHATTER

Worry is normal, but it can take over. Learn to spot the signs of too much worry, and use a simple, practical technique to quieten it and take positive action.

MAKE UNCERTAINTY WORK FOR YOU

A simple process for dealing with change and the unknown. Break big worries into manageable chunks, separate fact from feeling, focus on what you can control, and turn it into action.

Most workshops run for one hour. Make Uncertainty Work For You runs for 90 minutes.

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Balance & Presence

LEARN TO BE PRESENT

Enjoy the now, not yesterday or tomorrow. Understand why being present is so hard, the benefits of doing it, and what helps you step away from worry and regret.

BALANCE AND BOUNDARIES

The holy grail of work life balance. Understand the benefits personally and professionally, then work out what balance looks like for you and how to achieve it.

Mindset & Motivation

ALWAYS HALF FULL, NEVER HALF EMPTY

See how your natural mindset shapes your feelings, decisions and outcomes. Learn to rewrite the narrative and build a more positive, optimistic outlook.

MOTIVATION AND YOUR INNER CHILD

A fun, upbeat look at the basics we all need to feel motivated. Unpick what drives you and how well those needs are being met, with tips to boost performance and engagement.

THE GLORY OF GRATITUDE

One of the most powerful ways to rewire your brain for more joy and less stress. Start with the basics and leave with 10 simple ways to practise gratitude.

BUILD A PROGRAMME THAT FITS YOUR PEOPLE

Choose a single workshop or combine several into a series. Tell us what's going on for your people, and we'll help you pick the sessions that will make the biggest difference.

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