



Corporate Training

The world of training is always evolving, as humanity becomes more enlightened and conscious, the training people require needs to always be one step ahead, providing more effective insight and solutions to the rapidly changing landscape organisations are challenged with and the issues employees face.

That's why I am always pushing the boundaries with the content in my training, always making it more realistic yet holistic where possible. If I include conventional models, I make adaptations where necessary, to make them suitable for modern day corporate life.

I offer bespoke corporate training for small medium and large businesses. Training can be conducted online, face to face or a combination of both. I also design blended learning using a combination of face to face, zoom and e-learning.

Some examples of training are listed below:

Conventional Training

- Team building workshop
- Conflict management
- Emotional intelligence
- Time management
- Personal branding
- Resilience
- Change management
- How to coach in the workplace
- Creating and achieving goals

- Building self-confidence
- Becoming more influential
- Leadership and management
- Building self confidence
- Taking effective notes in meetings
- Social intelligence

Holistic Training

- Health & wellbeing
- Stress management
- Meditation for beginners
- Develop your intuition
- Honesty circle - developing deeper bonds with colleagues
- Being your authentic self in the workplace
- Oracle cards for team development
- Colour in the workplace

Please see the 'Corporate Training' section in the 'Services' tab on the website for more information about Corporate training.