

# BECOMING AN EVEN BETTER YOU:

## Navigating Life in Turbulent Times

### Helping individuals navigate the challenges of work and life in a post-COVID world.

A virtual 2-day retreat individuals navigate the challenges of work and life in a COVID world.

The programme will give you an introduction to useful behavioural, leadership and life skills to help you:

- Develop resilience strategies to meet the challenges of our current world
- Start to understand yourself at a deeper level and know what you need to do to find value and enhance your performance
- Create a growth mindset to help you embrace change
- Communicate with greater compassion and impact
- Understand difference and enable the best in others
- Create effective goals for the year that you can really deliver

This programme can also provide a pathway to our Fields of Learning Coaching Mastery Programme or our new 21st Century Leadership Programme.

#### Dates

12 & 13 April 2021

#### Delivery

The course will be delivered virtually (via zoom) over the two days. Timings are 09:00 – 16:30 with long breaks including a 90 minute lunch break with a reflective task. You will also work in small groups and pairs throughout the day to maintain variety, contribution and pace. It will not feel like 2 days in front of a screen.

#### Costs

The 2 day course costs £450 plus VAT

### Your facilitators:

#### Sue Macmillan

Sue had a 20-year career in the NHS as a physiotherapist and retrained in 2010 as a coach and facilitator. She is also a trained actor and storyteller and specialises in developing communication skills, speech and presentation skills. Together with Jacqui she runs and facilitates Fields of Learning's accredited coaching mastery course which is an annual programme training and developing aspiring coaches.



#### Jacqui Fairbrass

As an education officer in the British Army, Jacqui worked with soldiers and officers in a variety of leadership roles and high-profile staff officer roles in the Ministry Of Defence. She now works as a coach and facilitator, supporting leaders to develop skills to engage and align people around them to drive business performance.



*A life and career enhancing course. The best value learning I've ever had. I call it a mini MBA on being human.*

To reserve a place or ask further questions:  
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