



Being My Best Workshops

A series of 3 twilight workshops linked to the Future Engage Deliver (FED) leadership approach, supporting personal and professional development.

These sessions will provide a forum for members of staff to experience some of the FED models directly, particularly those related to taking charge of themselves and their own leadership (regardless of job level or title).

This series of 3 workshops will be valuable for colleagues that want to build confidence, positivity and effectiveness in themselves and/or others.

Sessions will explore:

- What does “operating at your best” really mean?
- Limiting beliefs
- Your energy
- What happens when you are “just surviving”
- What triggers you to be great?
- Developing empowerment

Facilitators

Delegates will be working with experienced facilitators:

- Fiona Moore - Leadership development coach
- Liz Barratt - Transform

Session Details

Date	Timings	Venue
Wednesday 16 October 2019	4.00pm - 5.30pm	Transform Head Offices Unit 11, Castlebridge Office Villiage, Kirtley Drive, Nottingham, NG7 1LD.
Tuesday 12 November 2019		
Thursday 5 December 2019		

To book please email Katie Felstead: katie.felstead@transformtrust.co.uk

