

# more people power

Engagement doesn't just happen. It takes sincere commitment and skill to inspire people to perform.

These **inspirational masterclasses** are designed to stimulate fresh thinking and help develop your people to meet today's business challenges.

## 24-hour Change:

How to lead, manage and communicate change

This masterclass challenges the problem faced by every business today – how quickly and effectively can a company embrace change?

With whirlwind communications, action-packed itineraries, and a working world increasingly driven by last-minute deadlines, it takes determination and motivation to sustain the pace.

24-hour Change is a highly focused one-day masterclass delivering coping strategies for change and while no-one could claim to perform magic in such short a time, delegates will bounce back motivated and refreshed.

### Learning outcomes:

By the end of the masterclass, delegates will:

- Increase their understanding of the role of a change leader
- Develop self-awareness of personal attitude and emotional reactions to change
- Learn how to create energy behind change
- Understand and deal with resistance to change
- Have the tools to become an able and willing change coach
- Develop practical strategies to facilitate the change process



## Me, Me, Me:

### Discovering personality type

Based on the much-acclaimed Myers-Briggs Type Indicator (MBTI®), this revealing masterclass puts delegates through their paces as they begin to identify their psychological type.

Discovering strengths and weaknesses is only the beginning. This masterclass equips individuals to recognise and put in place their ideal work patterns and motivators, understand communication styles and decision making processes, highlights natural strengths and potential areas for growth.

Inspiring, thought-provoking and fun, the seminar leaves delegates with much increased self-awareness and a positive impact on the quality of their working relationships.

#### Learning outcomes:

By the end of the masterclass, delegates will:

- Increase self-awareness of their own personality type
- Explore and appreciate differences in people concerning:
  - What energises them
  - How they take in information
  - How they make decisions
  - Approach to life and work
- Identify their own and others natural strengths and potential areas for growth



“Juliette is inspirational!”

Val Winter  
Department for Work and Pensions (DWP)

“Instantly there was a spark.  
People were inspired... Juliette  
was enthusiastic, patient and  
fun...we felt re-energised!”

Julie G. Dixon, Thermo Fisher Scientific

leading from within

# thought provoking

## Pressure, Power and Performance:

### A creative approach to stress management

How do you perform under pressure? Rising to a challenge can be energising, bringing out the best in performance however too much pressure can cause anxiety and eventually stress.

We all react to pressure differently. This interactive masterclass takes the up close and personal approach to maintaining effectiveness in a challenging environment.

Beyond the more conventional stress management approach, this seminar helps individuals to identify their own stress triggers and teaches creative yet practical techniques and strategies to restore balance into the working day.

#### Learning outcomes:

By the end of the masterclass, delegates will:

- Have increased self-awareness around stress triggers
- Understand how to create perspective and choice rather than overwhelm
- Have an appreciation of the impact of deep listening
- Know how to recognise and deal with stress in others
- Learn a variety of tension-taming techniques for day-to-day use
- Develop a personal first aid kit for dealing with stress



“A thought provoking seminar presented with great energy”

Moira Gilmour, Field Fisher Waterhouse LLP

“Refreshing!”

Patricia Trotter,  
Revenue & Customs Prosecution Office

**Juliette Lee** is a progressive leadership development and change facilitator.

A former chemical engineer with a decade of experience in ICI and Zeneca, combined with ten years working in personal and professional development, Juliette provides coaching to senior managers and executive team development and facilitation.

An approved speaker for Vistage, The Academy for Chief Executives and the Whitehall and Industry Group leadership programme, Juliette presents at events both large and small with acclaim.

Delegate cost for each masterclass:

**£195 +VAT**

A minimum number of 8 people are required for each masterclass. Discounted rates are available for bookings of 12 delegates or more.

Note: materials costs for MBTI profiles are additional.

For more information and bookings:

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