

EMMA CROOK
— COACHING —

Workshop Brochure

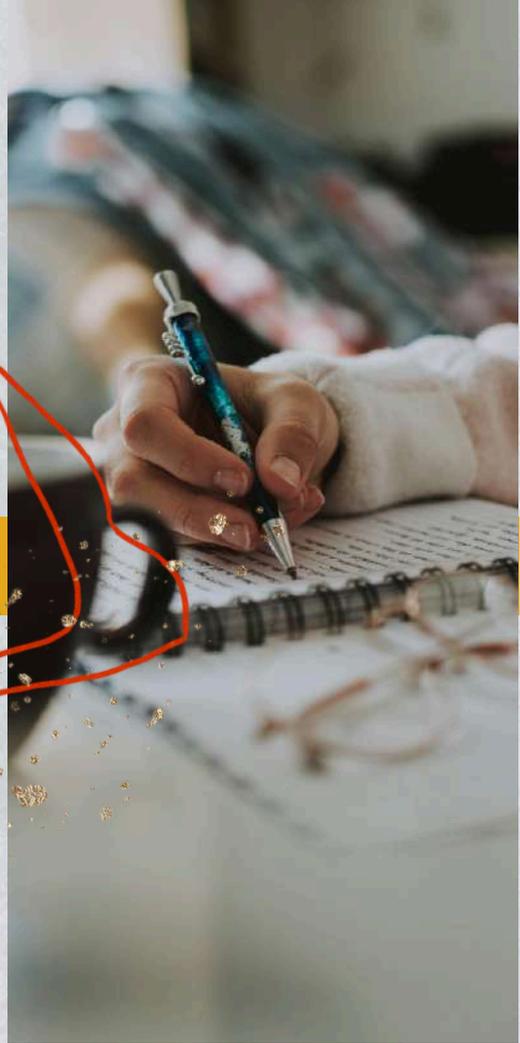




Lets
get
started



Contents



Workshops to benefit you, your team and your organisation

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The workshops outlined in this brochure cover a range of topics crucial for well-being both in the workplace and beyond.

Workshops are dynamic and interactive, providing the perfect balance between knowledge acquisition (the theory) and practical application (the tools).

The interactive workshop style gives participants the opportunity to apply their learning. They will experiment with techniques and tools, leaving the workshop with an plan of action to implement and the confidence to do it.

Workshops menu

Beyond The Imposter

Minimise imposter thoughts, feelings and behaviour.

Participants gain:

- Greater awareness of how it shows up
- Tools and techniques to reduce it
- Confidence to take action.

Staying Resilient

Enhance personal and workplace resilience.

Participants leave with:

- Practical tools to improve resilience
- Deeper understanding into how to stay resilient
- Clarity on how to support their teams resilience.

Managing Attention

Optimise attention, aid performance and focus.

Participants learn how to:

- Avoid distractions
- Improve focus
- Apply effective strategies.

Ending Procrastination

Reduce procrastination, improve productivity.

Participants:

- Identify their procrastination triggers
- Select tools to limit procrastination
- Set a personalised implementation strategy.

Cultivating Well-being

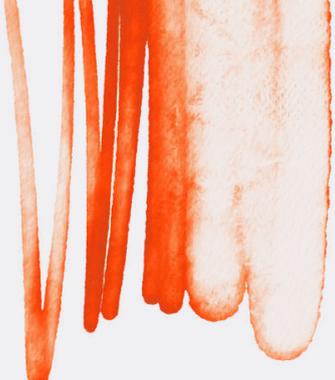
Create a work environment for well-being to thrive.

Participants will understand:

- The key components to well-being
- How to identify well-being needs
- Approaches to foster well-being

If there is a workshop you would like me to cover which isn't outlined above, get in touch.

Options



People have different demands, needs and budget. Therefore, for each workshop in the menu you can choose from the following options:



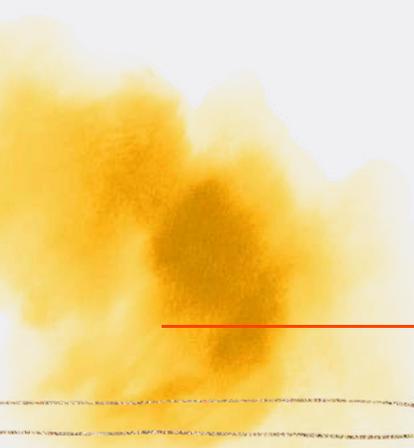
Online workshop

DURATION: **75 MINS**

NUMBER OF PARTICIPANTS: **MAX 16**

PRICE: **£350***

LOCATION: **ONLINE**



In person workshop

DURATION: **90MINS**

NUMBER OF PARTICIPANTS: **MAX 30**

PRICE: **£550* PLUS TRAVEL EXPENSES**

LOCATION: **YOUR CHOICE**



Webinar

THIS IS NOT AN INTERACTIVE WORKSHOP. THE FOCUS IS ON INTRODUCING THEORY & TOOLS.

DURATION: **30 MINS**

NUMBER OF PARTICIPANTS: **NO LIMIT**

PRICE: **£250***

*Nonprofit organisations 20% discount on prices.
6% fee if paying by credit card.
+ VAT on organisations based in Spain.

Feedback



Results of Beyond The Imposter workshop delivered at Uber, London:

- **100%** of participants had a greater understanding of Imposter Phenomenon
- **85%** felt less of an imposter
- **100%** felt that had the relevant tools and techniques to tackle imposter syndrome
- **100%** gained an increase in confidence in their ability to address their imposter feelings.

“

(The workshop) gave us a lot of insights to better manage our lives and teams.

PARTICIPANT FROM ECONS, BRAZIL
WORKSHOP: CULTIVATING WELL-BEING

“

It was a pleasure to attend the workshop. It was dynamic and well-paced with great ideas and techniques to apply immediately.

PARTICIPANT FROM MEXICO
WORKSHOP: STAYING RESILIENT

“

Emma is a great facilitator and her sessions are participatory, interactive and engaging. I find it helpful and am implementing some of the solutions.

PARTICIPANT FROM FORTIFY RIGHTS, ASIA
WORKSHOP: MANAGING ATTENTION



About Emma

I work with individuals and organisations who are making a difference. I help people develop healthier working practices and boundaries, manage everyday stresses and achieve the “right” balance so they can perform better, think clearer and feel confident.

MY APPROACH FOCUSSES ON BEHAVIOURAL AND COGNITIVE CHANGE BLENDING THEORY AND PRACTICE. I DRAW ON THE FIELDS OF PSYCHOLOGY, BEHAVIORAL SCIENCE AND COACHING.

Now for the qualifications bit:

I am a certified coach with a PCC from the International Coaching Federation. I have a Level 2 in Cognitive Behavioural Therapy and Motivational Interviewing from APT, plus a Post Graduate Certificate in Psychology from Liverpool University, which heavily informs my coaching practice.

I have delivered workshops and coaching to clients across the global, including several international organisations: Fortify Rights, Asia; Global Witness, UK; IPAM, Brazil; Uber Eats Spain and UK.



get in touch

To book a workshop or find out more information send me an email
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