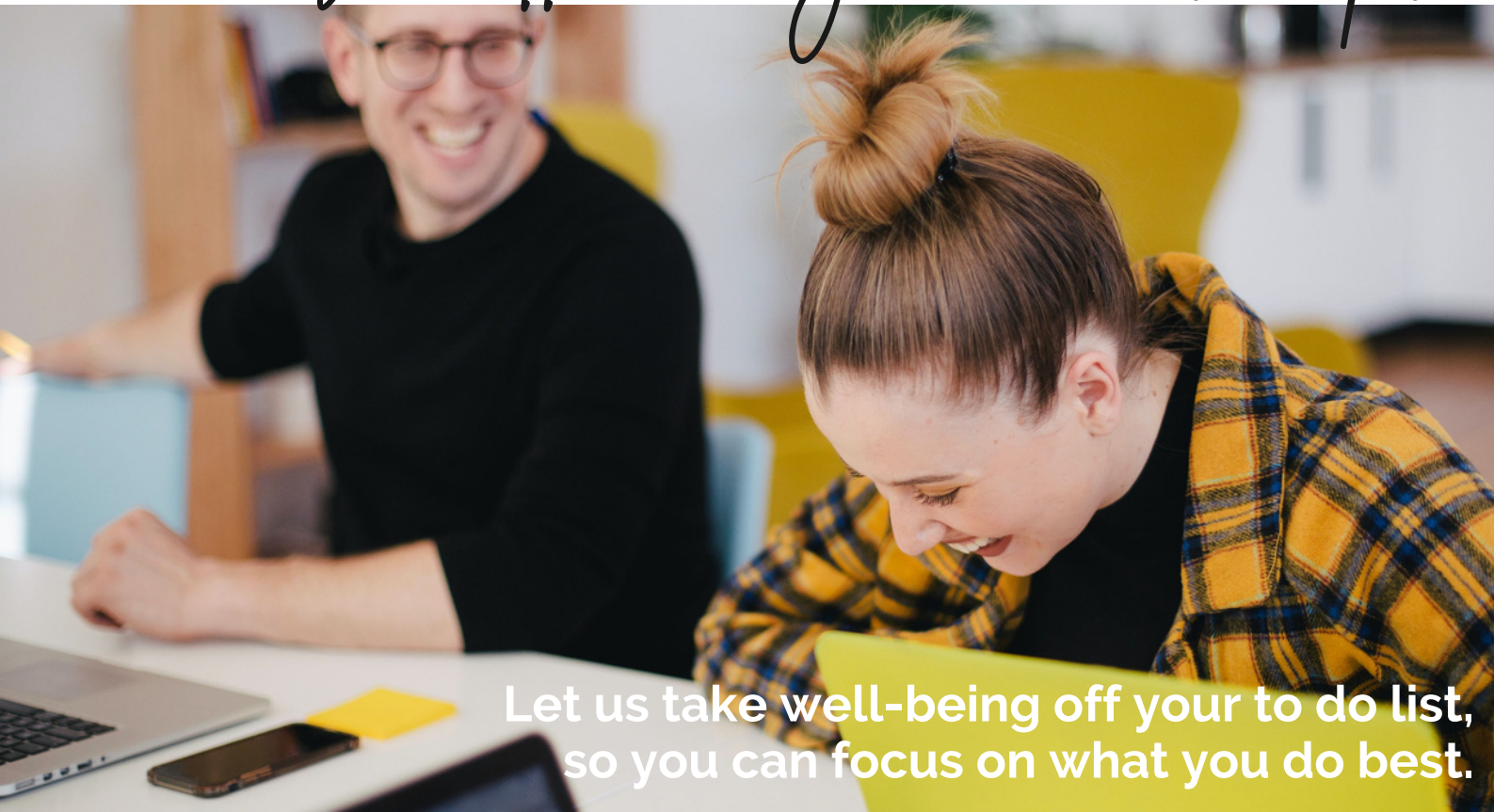




Bee Inspired Coaching
Educate. Lead. Inspire

Well-being workshops



Let us take well-being off your to do list,
so you can focus on what you do best.

Welcome

At Bee Inspired we work with learning providers to craft their bespoke strategy, systems and services, to enhance learner retention, completion and performance. Our bespoke team building and well-being workshops play a pivotal role in this strategy. Effectively generating cultural change over time.

Well-being can often be seen as a tick box exercise, as opposed to an opportunity to add value, and gain a positive return on investment. Someone somewhere know's something about the policy, however it's often not fit for purpose, fully implemented or utilised. Workshops are a proactive way to develop healthy, happy and high performing individuals and teams. Building vital mental resilience skills that unlock a learners full potential.

All of our workshops are evidence based, easy to understand, engaging and educational. They provide a safe space for individuals and teams to explore how they approach their personal and professional lives and what they can do differently to improve outcomes.

Workshops are created using the latest research in positive, well-being and performance psychology. Whether you choose one of our off the shelf workshops or we create something bespoke to your unique challenges, each workshop focuses on developing knowledge, skills and behaviours in a specific area. Workshops entail education, self reflection, skills development and implementable actionable steps that last beyond the workshop. To find out more, send an email to hello@beeinspired.info or check out our off the shelf offers below.



Workshop's

| Title | About |
|---|--|
| Set yourself up for success | Create your bespoke success strategy; identify and challenge your limiting beliefs, evaluate your time and energy management to 10x your efficiency, effectiveness and productivity. You'll see time in a way you've never seen it before. |
| How to get more done, whilst being kinder to yourself | Learn the science of self-compassion to approach challenges with resilience, unlock your full potential and achieve your goals, whilst feeling great in the process. |
| How to motivate yourself with more ease. | Learn the science of self motivation, how to avoid the procrastination and perfectionist pitfalls to high performance. |
| The science of making and breaking habits | You are what you repeatedly do, therefore success and failure are in your daily habits. Hand your habits over to your subconscious by hand crafting your daily rituals and guaranteeing long term success in all areas of your life. |
| Unstoppable Confidence | Develop courage, belief and certainty within yourself, to unlock your next level of authenticity, confidence and success. |
| A guide to happy living | What's achievement without fulfilment? Understand emotional health and well-being to live your happiest life. |
| Remove burnout as a badge of honour | Perform to your best by effectively managing stressors, avoiding paralysing overwhelm and embracing rest. Succeed the relaxed way. |
| The Corporate Athlete | Life is an ultra-marathon, not a sprint. Learn how to harness your circadian rhythm and take care of your greatest asset (your health) for increased focus, productivity and vitality, for decades to come. |



"A wonderful experience, I would advise everyone to do this workshop!"

Jenny, Amazon

Get in touch

Book a free assessment call to find out how we can support your organisation.

Click to
[Book a call](#)



"We are proud to be working with Bee Inspired, it has proven to be one of the best decisions we have made" - Jane, Riverside Training