



Bee Inspired Coaching
Educate. Lead. Inspire



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

A message from our founder

Starting out as an apprentice myself, I lived the challenges many learners face. Struggling with mental health difficulties without the services or confidence to ask for help. Fast forward a decade or so, providers are noticing an increase in demand for learners mental health and well-being support. Learners report a host of challenges ranging from self-doubt, low confidence and poor time management, to anxiety, depression and thoughts of self harm.

Despite genuine intentions, tutors report feeling poorly equipped, without the qualifications, skills and supervision to effectively support themselves and their learners in response to these increasing needs. Often leading providers to experience the following three problems:

1. Team members reacting to issues as and when they arise, using limited resources to create DIY fire fighting solutions.
2. Tutors feeling a heavy burden of worry, having supported a learner and later overthinking if they said and did the right thing.
3. Apprentice review meetings being spent addressing well-being needs, at the cost of time spent moving the qualification forward.

All of which can lead to tutor burn out and learners taking breaks in learning, over-running their end date or failing to complete their programmes.

Our mission at Bee Inspired is to equip learning providers with an excellent and efficient service that enables both providers and learners to reach their full potential and complete their apprenticeship.



Micha

Fully Funded Coaching & Counselling, *for your learners*

Psychological skills such as grit, motivation, confidence and resilience often mark the difference between the learners who achieve and those who don't.

Bee Inspired Coaching helps UK registered learning providers achieve maximum impact, improve quality indicators and enhance performance. Through a clear, effective well-being strategy, efficient systems and fully funded specialist support services.

Free your tutors to focus on their core work, safe in the knowledge that learners are supported by a team of dedicated and experienced well-being professionals.

Learners are guided to develop the knowledge, skills and behaviours needed to unlock their full potential and complete their apprenticeship.



Psychological skills, to unlock full potential

- **Improve Ofsted Quality Indicators**
- **Maximise learner impact**
- **Free tutors to focus on their core work**
- **Stand out to employers**

Our Philosophy

We see mental health in the same way we see physical health. There's always something you can activity do, to create and maintain improved well-being and performance.

That usually starts with cultivating the psychological skills needed for change.

We believe in a positive and pro-active approach to well-being. Using our Mental Health, Well-being and Performance Continuum, our mission is to catch learners upstream, to minimise distress and keep them in learning.

We aim to step in around the point of surviving, before problems escalate to where they become increasingly difficult, painful and resource intensive to overcome. The best approach we've found to do this, is through efficient strategy, systems and services.



CLEAR STRATEGY

Create a culture of positive and proactive well-being leaders, with a bespoke strategy suited to your unique needs. Move away from a costly DIY approach, to a professional, personalised and well resourced solution.



EFFICIENT SYSTEMS

Systemise your strategy, to efficiently maximise impact and minimise the use of your own resources. Well-being becomes more than a tickbox exercise, when it is recognised as everyone's responsibility, and everyone knows how to access and utilise support.



EFFECTIVE SERVICES

Expand your resources to include our team of highly qualified, skilled and experienced professionals. Make use of our evidence based educational workshops and 1:1 coaching & counselling support sessions.

A partnership you're proud of



Mental Health, Well-Being and Performance Continuum

Crisis

- Experiencing symptoms of a diagnosable mental health condition
- Thoughts or actions of self harm
- Social isolation/ withdrawal
- Sleep disturbances
- Difficulty concentrating or performing tasks
- Memory + concentration difficulties
- Absent from work and usual activities
- Panic attacks
- Extreme weight changes
- Challenges with self care

Struggling

- Feeling low mood, anxiety, irritability, tearfulness.
- Low confidence + worthiness
- Difficulty taking care of self
- Fatigued, distracted, negative attitude
- Unhelpful coping strategies
- Weight and/or sleep disruptions
- Reduced performance
- Memory + concentration difficulties

Surviving

- Feeling meh, worried, stressed, overwhelmed
- Plodding along
- Difficulties with time management
- Indecisive
- Low energy
- Withdrawn from social and recreational activities
- Difficulty implementing boundaries with self and others
- Struggling with people pleasing, perfectionism + productivity
- Sleep or weight fluctuations
- Feels guilty for taking rest

Thriving

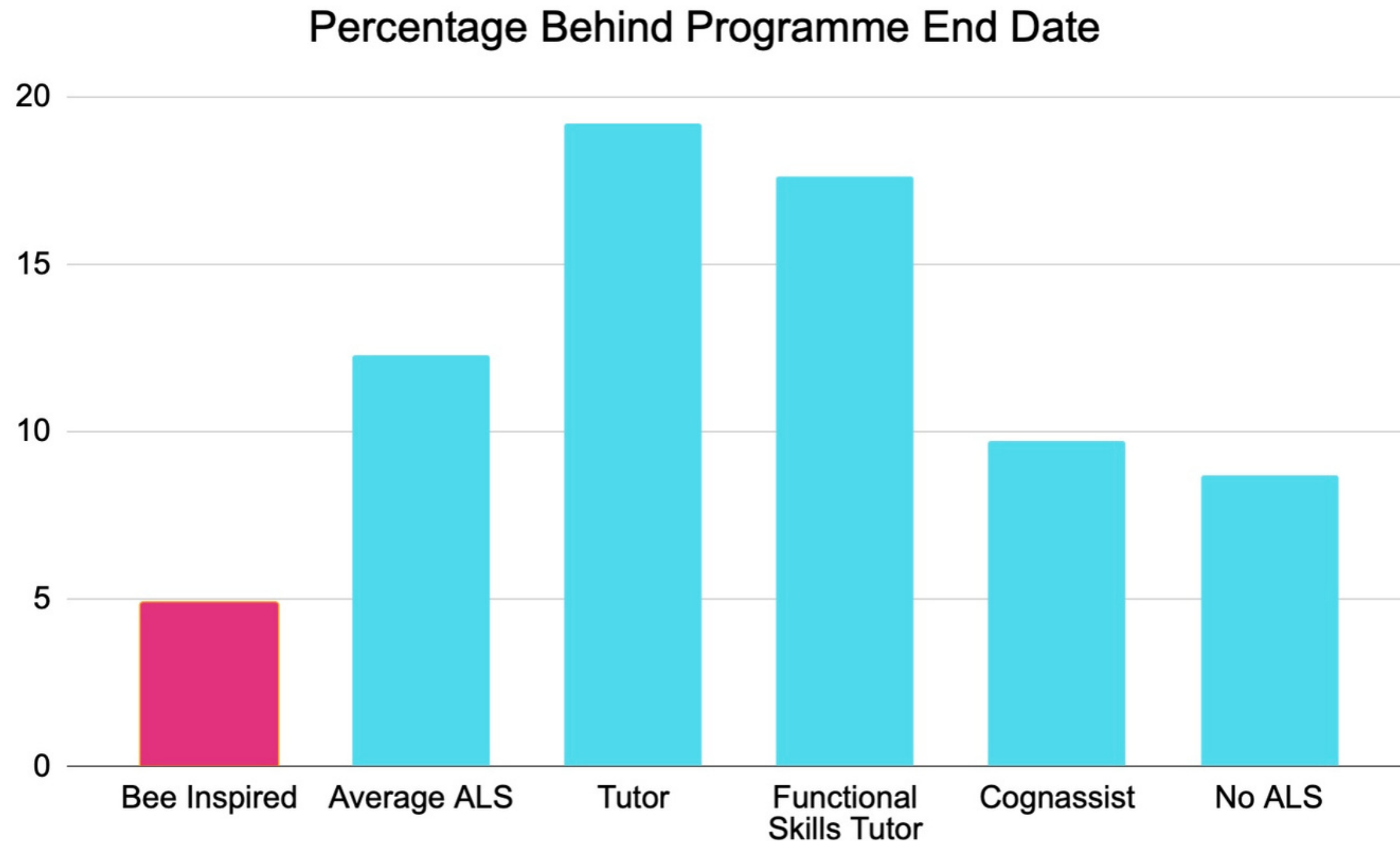
- Generally happy, content, calm + confident
- consistent performance
- Socially engaged
- Eating and sleeping well
- Energised
- Healthy coping strategies
- Strong boundaries with self and others
- Well rested
- Normal mood fluctuations
- Good cognitive ability, present, engaged, attentive
- Actively facing new challenges + opportunities for growth

Full Potential

- High performance
- Joyful, confident, optimistic, loving
- Productive, motivated + disciplined
- High energy, inspired, in flow
- Seeks challenges + opportunities to grow
- Clear goals, direction and path to achievement
- Health coping strategies
- Strong boundaries
- Physical, mental, emotional financial, relational health
- Guilt free rest and relaxation
- Engaged
- High level of self care



Impact Case Study



We've been working with this learning provider since 2018 to improve their programme end dates.

Recent data, used in their Ofsted inspection, demonstrated the successful use of our services. Learners supported by Bee Inspired, reduced their % behind programme end date, ahead of learners utilising other forms of additional learning support (ALS) and those with no identified ALS need.



What our learners say...



Ella

Bee Inspired was amazing! **I learnt how to be myself, manage stress and ask for help. Everyone at work comments on the growth in my confidence** and my mum has seen my anxiety decrease at home too. I looked forward to every session, even when I wasn't feeling the best. I always came out feeling refreshed and relieved. Bee Inspired helped me tackle my workload, stress of starting my first job, and study methods. **When I first heard about Bee Inspired, I didn't believe that it would help me at all.** It felt like more work to add to the long list. **It helped me so much more than I could imagine. I wouldn't be finishing my apprenticeship with the most confidence and least anxiety I have ever had without them.**



What our providers say...



Jane

We were very excited to launch our innovative partnership with Bee Inspired in 2019 and **it's proven to be one of the best decisions we have made.** The impressive feedback that we have received from learners and colleagues who have engaged in **this opportunity has secured this offering with us for the long term.** The timing of our launch coincided with one of the most uncertain and challenging times, there has never been a more crucial time for us to provide the best resources to our entire business. **We are proud to be working alongside Bee Inspired.**



Want to Get Started?

[Book a call](#)

www.beeinspired.info
hello@beeinspired.info



Expand your team



MICHA REYNOLDS
CEO + Coach



SAM CURTIS
Head of Coaching



EMIL TASWAR
Well-being Coach



SARAH SMITH
Counsellor



SARAH BENJAMIN
Life Coach



DONNA JACKSON
PT & Health Coach

**We take care of your learners,
by taking care of our team**

1. Recruit qualified, skilled and experienced professionals and keep them in their area of expertise.
2. Follow safer recruitment vetting and training process all of which you have access too.
3. Monthly 1:1 supervision and client review.
4. Monthly team knowledge and skills training.
5. Monthly confidential client clinic.

Our mission is simple, educate, lead and inspire providers and apprentices to reach their full potential

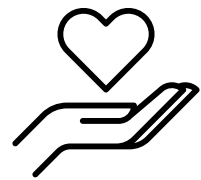
Our Core Values

Education



We believe in evidence-based practice. Combining the latest psychology research with effective coaching, to ensure our clients acquire the knowledge and skills needed to reach their objectives.

Empowerment



We believe in encouraging our clients to take responsibility for their lives. We recognise this as a vital step in creating sustainable change. Therefore, we enable individuals to build the internal resources needed to overcome challenges with confidence and resilience.

Community



We believe that individuals thrive better together. We are driven to build mutually supportive communities in everything we do, inspiring a ripple of positive change.

Enjoyment



We believe that change is rooted in self-acceptance. We are committed to finding joy in the process of growth.

Excellence



We are committed to an attitude of excellence in all that we do, striving for outstanding quality and always doing our best.