

LOCKDOWN BOUNCE BACK PROGRAMME

HELPING YOUR MANAGERS & TEAMS CREATE A NEW
WORKING NORMAL

A powerful and accessible method for bringing your workforce back into their roles



PRE-PROGRAMME CONSULTATION

The programme will be tailored to meet the needs of your organisation and your employee's.

An open and safe discussion about the individual's goals, current state of mind, personal and professional challenges.

Establishing clear, considered outcomes that are beneficial to both the individual and the organisation.



PROGRAMME OVERVIEW

The Prepare to Bounce Back Programme includes:

- **Consultation**
- **10 Coaching Sessions**
- **Email Support**
- **15 Minute Emergency Check In Call**
- **Tailored Exercises and Wellbeing Practices**

The programme is excellent value and structured in 2 parts so you can invest in the complete programme or most relevant section.

PART A: WELLBEING RIGHT NOW
PART B: RETURN TO THE OFFICE

Sessions will be tailored to the individual and focused on personal development, wellbeing, leadership, emotional intelligence and resilience.



YOUR EMPLOYEES ARE STRUGGLING WITH PERSONAL AND PROFESSIONAL CONCERNS

- Unhealthy work life balance
- Disrupted sleep patterns
- Numbing through food and alcohol

- Anxiety, insecurities and self-sabotage
- Uncertainty about how to lead
- Fear and other powerful emotions driving unhealthy behaviour

- A breakdown in communication
- Loneliness, concern for self and others
- Distancing strategies and new relationship dynamics



PART A: WELLBEING RIGHT NOW

- Centering:** find equilibrium amidst the chaos
- Powerful Self:** restoring empowered perspectives, decision making and presence
- Systemic Focus:** explore how you can positively impact and influence the wider organisation
- Navigate the new normal:** questioning, adapting and planning
- Consolidate:** tools and techniques to embed the learning and maintain balance

PART B: RETURN TO THE OFFICE

- Prepare:** manage pressing needs
- Transition:** cultivate a powerful mindset and motivation to return
- Returning:** easing back into the work place physically and mentally
- Adapting:** maintaining self-care and balance alongside meeting objectives
- Settling:** adjusting to the way things are today and maintaining peak performance

INVESTMENT

The Prepare To Bounce Back Programme offers a powerful and easily accessible method for bringing your workforce back into their roles. The 10 easy access sessions can be implemented over zoom or phone.

Don't get caught on the wrong foot waiting for lockdown to lift, I can help you support your managers and teams while they work from home or are furloughed. Invest in your teams now so they can prepare for and adapt to the new working normal ahead of time.

Full Programme £1,755
Part A or B standalone £975

Discounts up to 25% if you purchase multiple programmes

Get in touch to ensure your team are fully supported and ready to return to the 'new working normal'



bev@aumida.com



07789 078 118



COACHING WITH BEVERLEY ACTON

A safe space for introspective work
and transformational change



"Working with Bev has been one of the best experiences in my over 20 years career"

**Mamadou - Country Director
WaterAid**

"Bev is an incredible Coach. It always felt like a very safe space, providing a healthy level of challenge, exploration and tools to help me grow"

**Samantha - Head of Digital
Engagement Action for Children**

"I would highly recommend investing in Beverley's services, because from my personal experience, it is an investment in yourself, your future and your wellbeing. As a Coach Bev is kind, insightful, extremely knowledgeable, patient and supportive"

**Ari - Education Officer
British Pharmacological Society**

"Beverley is a fantastic Coach, she helped me overcome a number of obstacles to take my professional development to the next level. She's a very insightful and supportive Coach"

**David - Intranet Manager
IIED**

Bev is fully certified with The Coaches Training Institute (CTI), International Coach Foundation (ICF) and an Accredited Firework Career Coach.

Trained in somatic coaching techniques Bev includes practices, tools and questions to access a deeper intelligence that exists in the body, using powerful embodiment practices to support long lasting transformational change.

Her background in psychology, education and commercial experience adds to her unique blend of skills and expertise as a Coach. Bev brings depth, breadth and insight to her work and is incredibly passionate about helping her clients create long lasting, positive changes in their lives.

She has trained with the Head of Coaching for Google and Co-Founder of the ICF and worked with masterful coaches and mentors.

Whether you're a leader in your own life, team or organisation, Bev can help you to become more confident, authentic, effective and balanced in the new normal and beyond.

Bev has a deep appreciation for diversity and different cultures having visited 35 countries, often travelling independently and off the beaten track. She works with coaching clients around the globe.

"Coaching fundamentally changed my life, I said no to an outdated version of me who was trapped in old stories, habits and fears. I connected with myself on a much deeper level and through self acceptance and self realisation I transformed how I show up, how I lead and how I live my life."

"Today I walk side by side with my clients on their journey and champion them to step into their powerful self, release past conditioning and unlock their true potential" - Bev

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