

CULTIVATING RESILIENCY

A WEBINAR WORKSHOP SERIES

WITH AMELIA SABERWAL & GABI MILLER

EXECUTIVE SUMMARY

The scope of this series is to equip employees with essential leadership tools.

A critical component of leadership is to understand and navigate one's own resiliency. It means the leader is able to pivot and rebound when the going gets tough and adversity looms. Where we lose our resilience is when we feel out of control, like there are no options and it seems like we're spinning our wheels and not going where we want.

Our approach:

This webinar course is designed to create leaders. Give them life long tools to use at times when things feel out of control, stuck or just plain impossible to see differently. Our webinar workshops take a team of 8 through 4 workshops (preferably one each week over a month). Each builds upon the other to strengthen their resiliency. It creates consciousness about how they can lead both themselves and others at times of change and uncertainty.

In this document you will find a high level view of each webinar workshop and what benefit it gives your colleagues and your organisation.

Please let us know if you have any questions, we'd be delighted to discuss this in more detail.

Kindest

Amelia & Gabi



GABI MILLER

A life and business coach who studied Psychology and qualified and certified as a professional coach with the Coaching Training Institute.

In 2017, she left the corporate world to set up her own coaching business and now does the majority of her work with companies supporting them in creating growth mindsets amongst their teams and leaders and cultivating working cultures that attract and retain the best people.

Alongside this, she supports people in private coaching as they navigate through the mental blocks and barriers that hold them back in life such as fear, self doubt and insecurities to enable them to start living happier and more fulfilling lives.

www.gabriellamillercoach.com

OUR VALUES



FIND YOUR VOICE; USE IT



BE BRAVE



BE YOU; NOT A CARBON COPY

LIFE ISN'T ABOUT FINDING YOURSELF,
IT'S ABOUT CREATING YOURSELF



AMELIA SABERWAL

I am a certified coach, facilitator, leader, workplace strategist, cheerleader (sans pom-poms) and classically trained actor.

This is a skillset sometimes referred to as 'eclectic', but is actually is the perfect balance for the work I do now - helping leaders be who they need to be to have the greatest impact on their work.

Before coaching, I worked as workplace strategist and Director at 2 Architectural studios in London. I have first-hand experience of:

- working in and managing virtual, international teams and projects
- pitching and winning work - also virtually and face to face.
- the day to day ups and downs of running a business

www.kinestheticacoaching.com/

THE JOURNEY

The course is run over 4 weeks so that participants can go into their daily lives, try things out and report back. Coaching's power is in the small steps and iterative learning, this course gives a container to engrain new behaviours over time. We ask participants to bring real life scenarios to work on, this is about experiential learning and this is always best applied to things they are currently grappling with.

WEBINAR #1

PERSONAL LEADERSHIP

We are our own worst enemy. We often stand in our own way; and our mindset is determined by the quality of our thoughts and questions. Resilience is always low when we are cruel to ourselves.

This workshop identifies participants' inner critics and introduces them to their inner leader, the most resilient part of themselves.

Participants take away:

- a personalised tool for managing critical thinking, when self care reserves are running on empty.
- an acute awareness and consciousness of what holds them back.
- how to manage the inner dialogue that can wreak havoc on stressed brains.

WEBINAR #2

PERSONAL RESILIENCE STORY

Self awareness around resilience is critical. If we understand our default reactions to situations we can choose to be different, in order to create different options and choices

The aim of this workshop is for participants to leave with an understanding of their own resiliency skills, where they exist already and the common pitfalls they find day to day.

Participants take away:

- a deep understanding of their reactions to adversity .
- a personalised resiliency plan to work towards during the course.

WEBINAR #3

CONTROL, CONCERN, INFLUENCE

When stress overwhelms us, we are naturally drawn to areas we're powerless in (office politics, hierarchy, comparison to others, the clients decision making process!). So it's easy to lose focus and spend energy on the wrong things.

This session identifies where participants default to, when in the pressure cooker. It teases out what does not serve them, and teaches them a tried and tested method to combat the 'loss of control'

Participants take away:

- awareness of where they spend their attention
- tools to consciously refocus on the things they can control and influence.

WEBINAR #4

PERSPECTIVES & CHOICE

There is always more than one way to approach a situation, even when it doesn't feel like it at the time. The definition of madness is to do the same thing over and over again and expect a different result. Our resilience takes a huge hit when we can't see another way. It's disempowering and scary. This session is all about unsticking what feels stuck. It provides a tool to access different perspectives and ways of thinking which, ultimately, leads to different choices and action.

Participants take away

- new lenses to view situations through
- different options and choices for exploration

PRICING

4 X 90 MINUTE WEBINARS

8 X PARTICIPANTS

= £2,000

Notes/Assumptions/Exclusions

- Assumes 8 participants
- Held via Zoom/Skype/Hangouts/Teams
- The sessions will not be recorded, for confidentiality purposes
- The webinars are held each week over the course of 4 weeks
- Payment terms: 50% up front, 50% upon completion of course.

Participants get out what they put in. There is thoughtful prep required for all sessions. We ask them to come with prepared content, so as to make the most of our time together.

TESTIMONIALS

THAT REALLY SPOKE TO ME

I found the session really helpful; I thought that both of you really demonstrated belief in the techniques and a genuine interest in the participants. Despite the challenges of the virtual setting you worked hard and very successfully to keep everyone, present, involved and included I was also super impressed at your choreography and synchronicity - it looked seamless with no interruptions and both building on each other's points. That looked effortless but I can imagine it involved a lot of preparation to make that so natural.

I wrote a lot of notes and there were a couple of penny drops for me - I loved the thought that the best most accomplished version of myself, when I am in flow and smashing it and the less confident me are the same person. That's such a clever thought. Its not even that I have to fake it till I make it. I have made it and I just need to access that version of me!

I also was also really struck by the insight that the inner critic is almost a evolutionary protection device. It is there to keep you safe and a way to keep safe is to never try anything or do anything outside the comfort zone. That really spoke to me

COMMUNICATIONS DIRECTOR, ADVERTISING

THE CONTENT WAS VERY HELPFUL AND MOVING

This has given me recognition of my inner leader that I didn't even know I had. Now I feel like I know where to find and summon them.

Gabi & Amelia were so open and supportive, it felt like a really safe space. I will recommend this to any friends or family who are feeling stuck or having trouble realising their goals.

DIRECTOR, CONSULTANCY

THIS HAS GIVEN ME TOOLS TO EVALUATE WHO I AM

The content was a great and can be applied to any situation, be it work or personal life, and it was good at tapping into what our gut reactions are to certain questions, and then looking at the underlying reasons as to why this may be happening.

This has given me tools to evaluate who I am at work, how I present myself and who I want to be. It's a great session to remind yourself that the answers lie within you, and it is something you can take control of, with practice, and by understanding the underlying negative feelings within us we so often try to ignore.

I'd recommend this to...my family, other friends.

Gabi & Amelia were...LOVELY!

PROJECT MANAGEMENT, ADVERTISING

GIVEN ME NEW WAYS TO THINK ABOUT MY PERFORMANCE

The content was interesting, well presented and relevant. This has given me new ways to think about my performance, and reason and motivation to do so. I'd recommend this to my colleagues and peer group and anyone genuinely committed to self-improvement and to positively influencing others.

OWNER & MD, ARCHITECTURE STUDIO

EMPATHETIC & KNEW THEIR STUFF

Gabi and Amelia were very professional, empathetic, clearly knew their stuff and made the whole session fun - super important in a Zoom screen full of strangers! I'd recommend this workshop to anyone who seemed a bit stuck in their career or in life generally.

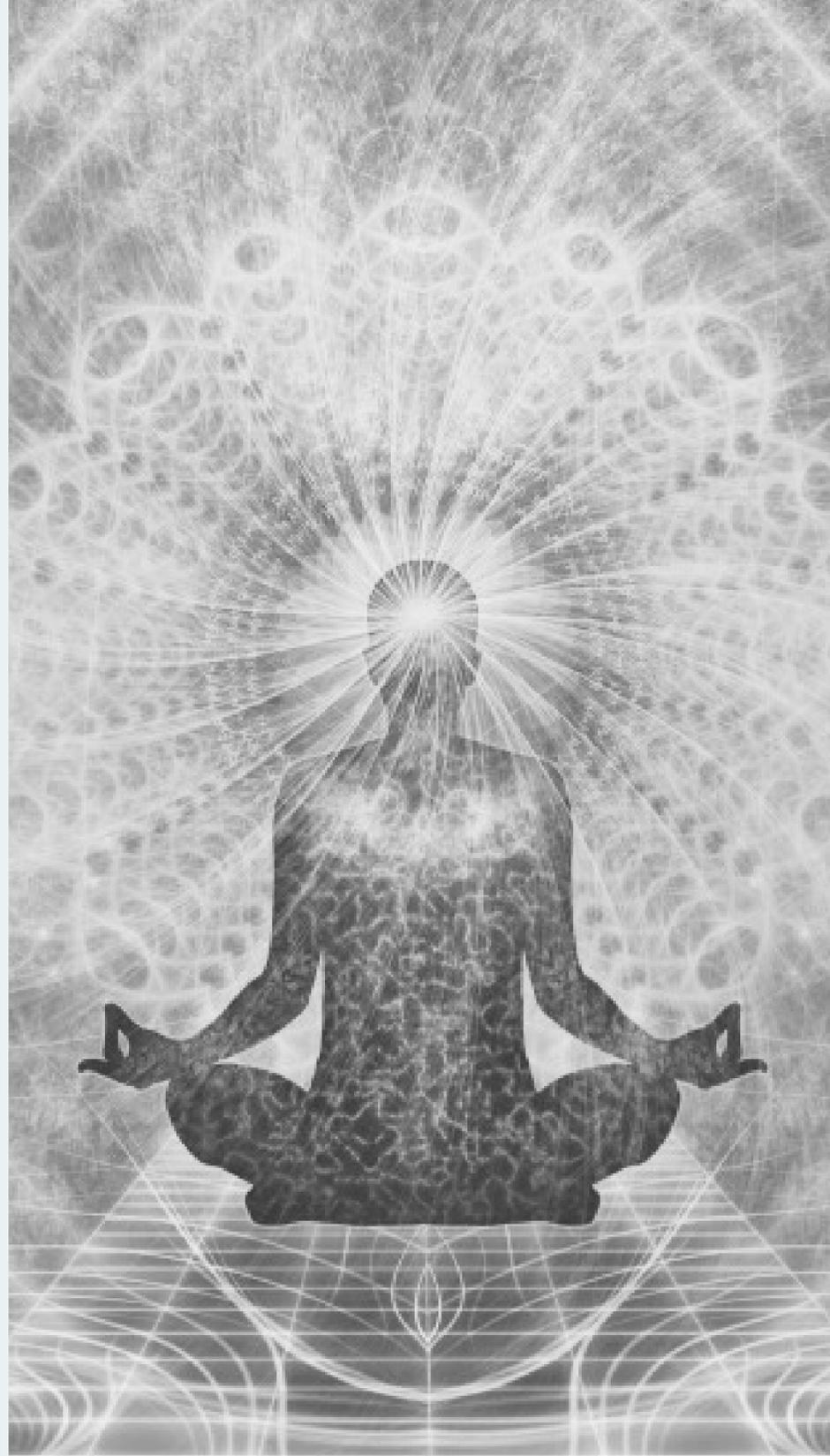
HEAD OF LEARNING & DEVELOPMENT, LAW

GIVEN ME ESSENTIAL PRACTICAL TIPS

The content was detailed, practical, non-patronising and thought provoking. This has given me some essential practical tips to help change the internal dial

**MANAGING DIRECTOR,
MANAGEMENT CONSULTANCY**

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