

## Courses

Inspire professional has a strong ethos founded on personal wellbeing coupled with positive outcomes. This is reflected in the courses that we currently offer and in the way in which we construct any bespoke courses. As such, all our courses have a distinct holistic element.

We currently offer courses in stress management, presentation skills, performance enhancement, general confidence building and a redundancy crisis package offering counselling and a choice of advice from a variety of topics.

	Investment Per Delegate		Number of Delegates
	At Client Site	Off Site (inc. refreshments)	
<p><b>Stress management and wellbeing.</b></p> <p>A one day course looking at the causes and effects of stress. Clients will practice a variety of simple and effective strategies which are proven to help reduce stress. Strategies also focus on key holistic areas.</p>	£97	£132	16 Max
<p><b>General confidence.</b></p> <p>A one day course where clients are helped to identify what areas they need to work on, shown techniques designed to build confidence and shown how to set goals. Clients are also taught relaxation techniques in order to reduce stress.</p>	£97	£132	16 Max
<p><b>Presentation skills.</b></p> <p>A two day course where clients look at all aspects of planning and delivering a 'winning' presentation. Clients will also learn techniques enabling them to feel calm and focussed before, during and after the presentation.</p>	£147	£182	12 Max
<p><b>Motivational techniques for team leaders and supervisors.</b></p> <p>This course is aimed at people who manage staff but are not classed as managers. Clients will learn skills and competencies required for achieving optimum performance from staff including wellbeing and inspiring team spirit, and set goals to achieve such.</p>	£97	£132	16 Max
<p><b>Redundancy crisis.</b></p> <p>Series of 1 hour session per delegate. Provision of counselling and coaching sessions for staff under threat of redundancy, designed to help staff cope with a stressful situation, plan for the future and achieve a positive outcome.</p>	£50		3 Min