

Workshop:

Personal success – developing the attitude and mindset to thrive.

Brief overview

This session will use content, discussion and insight to help you develop new and empowering personal habits that stick. Join Bryan Sampson for this interactive session on jumping the rails from surviving to actively thriving. You'll leave the session with a clear view of what you can do to be more of the person you want to be.

Session objectives

- To support transition to higher self-confidence and belief
- To understand the triggers of unhelpful self-dialogue and reframe old scripts
- To share practical tips to shift yourself and others forward towards personal fulfilment

About the speaker/facilitator

Bryan Sampson

Bryan is a leadership development professional and coach whose focus is working with senior leaders and teams to accelerate their collective performance. His interests include individual and team coaching and facilitating events and programmes. He drives change through insight, positive support, and disruption in a safe yet productive environment.

