LEARN TO GROW

Our Monthly Newsletter



WHY WE STILL NEED TO LEARN AND GROW

by Pauline Weddell

You must keep reflecting on what has got you to where you are today, and keep growing in skills and experience. Research shows that there are a range of health, wellbeing and wealth benefits to lifelong learning. It stimulates brain activity, memory retention and can reduce stress. Curiosity keeps the mind sharp, alert and helps humanity to flourish by providing a sense of motivation and achievement.

We often gaze in wonder at the advancement in technology. But do we really understand the impact it is having and will have on the workplace? It is essential for individuals to refresh their skills throughout their career to keep up with the changing landscape of the business world.

WHY WE STILL NEED TO LEARN

TRAINING EVENTS 2021



Training Events 2021

Here at Learn to Grow we have produced a calendar of training events for 2021 that we feel will add real value to individuals and organisations.

Our GROW (Get Ready for Opportunities at Work) program is a fantastic series of online workshops that are equally suitable to newly appointed leaders or for those leaders seeking to refresh their skills. The program consists of twelve modules spread over a 6-month period covering a range of relevant topics such as;

- Wellbeing
- Leading with Emotional Intelligence
- Coaching for Managers
- Influencing and Persuasion
- Mindfulness
- Leading Through Change
- Critical Thinking
- Creative Problem Solving
- Diversity and Inclusion
- Leading Through Uncertainty
- Creative Thinking
- Mastering Motivation

You can attend all 12 modules at a cost of only **£1100** or you can pay as you go for **£99** per module. Each module is accompanied by a delegate workbook full of activities and further resources.

We are also delighted to be offering our Wellness Bundles.

Employee Engagement Booster. This is a package that focuses on increasing employee engagement. This programme focuses on individual coaching as well as online workshops.

Mindful Managers. This programme targets line managers and educates them on how to create team environments that foster wellness. This programme consists of online workshop, group coaching and individual coaching.

Stress Less Programme. This programme is for employers who know that stress is a major issue in their workplace, this package offers a solution. The programme includes online workshops on stress management and mindfulness sessions.

Here at Learn to Grow we have a team of highly experienced coaches & facilitators who are passionate about helping employers promote the wellness of their employees.

To find out more about all our programmes then contact us on **07976 028132** or at **info@learntogrow.me**







