LEARN TO GROW

Our Monthly Newsletter



NEW YEAR, NEW YOU

by Pauline Weddell

Setting new goals on January 1st, while symbolically appealing, can often be counterproductive. This tradition of New Year's resolutions is entrenched in many cultures, offering a sense of renewal and a fresh start. However, the arbitrary nature of this date can undermine the intrinsic motivation required for goal achievement. Firstly, the pressure of the "New Year, New Me" mindset can lead to the setting of unrealistic or overly ambitious goals. The euphoria of the holiday season and the desire to make significant life changes can result in goals that are not thoroughly considered or aligned with one's true aspirations or capabilities. This often leads to a rapid loss of momentum and failure, which can have a demoralizing effect.

Furthermore, the timing of January 1st does not necessarily coincide with personal readiness for change. Successful goal setting and achievement are deeply rooted in personal readiness and the right circumstances. Choosing a date that is not aligned with one's personal journey or external environment can lead to a lack of genuine commitment. For instance, in many parts of the world, January is in the middle of winter, which can be a challenging time to initiate new activities, especially those requiring outdoor involvement or significant lifestyle changes. Thus, setting goals on January 1st can be more about tradition than practicality, potentially setting individuals up for failure rather than success.

We have a team of experienced coaches who can help you to review your goals and when you are ready refresh or set some new goals.

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TRAINING COURSES FOR 2024



TRAINING WORKSHOPS 2024

by Pauline Weddell



We have some great new training workshops to add to our existing programme. Below are just some of our new workshops that can be delivered in-house or online.

1-Day workshops

- Advanced Communication Skills
- Team Building
- Supervisory Skills
- Strategic Planning
- Giving Constructive Feedback
- Root Cause Analysis
- Having Difficult Conversations
- Coaching Skills
- Customer Service Training
- Time Management
- Personal Branding
- Facilitation Skills
- Goal Setting



We also have some 2-day workshops.

- Project Management
- Advanced Presentation Skills
- Leadership Skills
- Assertiveness Skills
- Interview Skills

We are also happy to continue to offer our 6-month Management and Leadership programme, Leadership Essentials, which we have now delivered to over 140 leaders across the U.K.

Our newest programme is Called to Lead. This is for managers now required to think and act more strategically. It is delivered over 4-months and covers;

- Strategic Direction
- Strategic Planning
- Strategic Leadership
- Delegation

We've been asked several times to create a programme around becoming more strategically aware, and so we trialled this programme in 2023 and received 97% delegate satisfaction feedback. We are so delighted to be able to offer this programme to a wider audience in 2024.

If you would like more information on our workshops then please do not hesitate to contact us.

Call - 07976 028132

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or check out our website - www.learntogrow.me www.learntogrow.me

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Because People Matter