

THRIVE ACADEMY

Coaching workshops for
innovative organisations.

bright rebel coaching

Space to think; time to grow. 

THRIVE WORKSHOPS

Who are we?

bright rebel coaching ltd are a coaching company formed by Angharad Boyson, former Royal Air Force officer. As well as offering personal and executive coaching, bright rebel coaching host a series of innovative workshops that motivate, inspire and assist people to not just survive, but thrive in their organisations. These workshops have been well received by Civil Servants, schoolteachers, military spouses (via the Royal Air Force Benevolent Fund) as well as individuals who have signed up for the courses outside of their work.

Our associates deliver 5 different 2-hour workshops, that can be booked singly or as a group. Each one has a different theme that builds to ensure your employees increase and enhance their:

- * growth mindsets,
- * wellbeing,
- * resilience and
- * recognition of where their skills fit in your organisation.

What do people think of the workshops?

"It has helped me to identify blocks that are preventing me from living life how I'd like to."

"This has been extremely useful in helping to examine what we would like to improve and how we can do that for ourselves."

"At the time of attending the workshop I was lost, miserable and very overweight and unhealthy. Thanks to some life changing information included in your workshop I can now say I'm 4 stone lighter, fitter, healthier and so much happier. I've regained focus in my life and living again."

"Fantastic for everyone to do. Mindset can help everyone with everything in their life. Really helpful course."

"Great course!"

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Our workshops

Workshop 1 – **What holds you back?**

In this workshop, you will identify your self-limiting beliefs and formulate ways to overcome them.

We will take you through growth vs fixed mindset and you will learn how your mindset can change you – physically, physiologically and mentally.

You will identify your negative thought patterns, what you tend to tell yourself and when before coming up with neutral or positive thought patterns to replace these. You'll also find a great way to diminish that inner critic so you can view it for what it is, instead of letting it take over your life.

You will learn about how to use gratitude to stop your negative thoughts holding you back and the power of compliments.

Workshop 2 – **Wellbeing**

In this workshop, you will identify 7 aspects of wellbeing, assess in which areas you are low and construct a plan to enhance your wellbeing.

Learn why you should prioritise your wellbeing (although we suspect that you do already know that you should!) and talk about the barriers to taking care of yourself. You will explore some of the indicators of poor wellbeing before looking at how to make changes on a behavioural, mindset and cognitive level.

Remember, health is more than the absence of disease. It is a state of complete physical, mental and social wellbeing.

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Workshop 3 – Resilience

Recognise your symptoms of low resilience and formulate your own program for building up your resilience when your energy is high; this will prepare you for the time when your energy is low.

In this workshop, we explore what resilience really means (spoiler: it's not just the bounce back factor!) You will uncover your existing patterns of resilience before discussing in detail how to increase resilience through awareness, thinking, reaching out and fitness.

There's also a great take-home exercise here which will not only assist you in keeping up with your resilience building but help those around you too.

Workshop 4 – Values, skills and strengths

Explore and identify your own values, skills and strengths. Assess value-sets to promote a better fit in organisations, assess key skills and learn how you can transfer them when needed and understand your own strengths, focusing on positive psychology.

This workshop can be great for anyone looking to change jobs (out of, or within, an organisation) or someone looking to use their pre-existing skills in a more transferable way, reducing the need for costly re-training. This encourages participants to come up with innovative ways to deal with a skills gap and help people to understand how their values and that of their organisation can align.

Workshop 5 – Hot seating!

This workshop works really well in a group that have got to know and respect each other. Our highly trained facilitators ensure that the hot seat questions are judgement free, leaving the person in the hot seat to accept the questions with no need to answer there and then. We find this a great way to round out a series of workshops with each person taking responsibility for their personal development but also feeling supported by the group and able to gain many different perspectives. Coming up with the questions is as valuable for the rest of the group as it is for the person in the hot seat.

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Founder and Head Coach Angharad Boyson currently resides in Canberra, Australia, so is not available for UK workshops at present (although she is coming home mid-2022).



Angharad spent 17 years in the Royal Air Force, including 7 years in training and education, teaching, mentoring and coaching a wide range of students. She also has expertise in assurance, change management and data analysis.

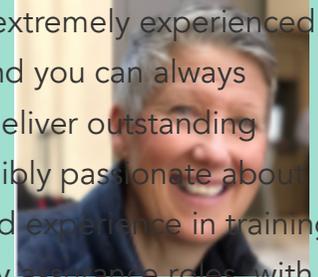
She trained to become a coach with Barefoot Coaching in 2017 and founded bright rebel coaching the same year.

Angharad is an Associate Certified Coach with the International Coaching Federation, has a MSc in Occupational Psychology and a Post Graduate Certificate in Personal and Business Coaching.

Angharad specializes in coaching for people who want to live a more balanced life, whether that's a CEO who needs to work out a way to step back, a busy parent who has no time or someone returning to the work force after a break.

She also enjoys running, power lifting, lattes and spending time with her husband and daughter.

Claire Moody is an extremely experienced trainer and coach and you can always guarantee she will deliver outstanding results: she is incredibly passionate about both her training and experience in training, coaching and quality assurance roles, with



teacher and Train the Trainer, working with international clients. Moreover, she has expertise in the management of trainer inductions, standardisation and quality assurance for corporate clients. She holds an MSc in Executive Coaching, accredited by Ashridge, a Post Graduate Diploma, Organisational Supervision also with Ashridge Executive Education, Hult International Business School a world leader in executive coach training and development. Additionally, she specialises in psychometric assessment, including MBTI, 16PF, Firo B.

Claire ensures that maximum effort goes into her courses and, if people are willing to learn, she goes that extra mile. Claire is a performance coach for both the Royal Air Force and the Royal Navy, specialising in Aircrew and the Air Battle Management Branch, she has significantly improved performance and pass rates for individuals undertaking challenging courses.

Claire is a keen runner and walker, and has always kept herself fit. She is a qualified pilot and enjoys flying in her spare time.

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Rachel Haith has been the Owner of a health and well-being business for over 4 years and is now formally adding Coaching to her repertoire. She can be booked individually or as a course. However, we can only recommend booking workshop 5 in this workshop as this one has been proven to help and encourage others and during her 17 years in the Royal Air Force she gained a great deal of experience at mentoring her team. Early on, she was coaching 15 people, following their aspirations and unlocking their potential. As numbers, we can accommodate that, just get in touch.

Adapt at leadership and understanding people. Rachel has a breadth of experience at presenting, and more recently has been doing motivational speaking. She is delighted to have been described on many occasions as "inspiring" and has helped various people to have an 'a-ha' moment that has led to a positive mindset shift regarding their own success and feelings of worth.

- Book all 5 workshops for £2500
- Book 4 workshops for £2200
- Book 3 workshops for £1800
- Book 2 workshops for £1300
- Book 1 workshop for £700

Rachel is studying for an Accredited Coaching Diploma through the Association for Coaching, delivered by Fluent Coaching's John Borland (author of Coaching in the Great Unknown), and is coaching in the Lincolnshire area.

After a bespoke workshop? That's our kind of thinking! Rachel enjoys cycling, skiing, camping and spending time with her two young daughters and her husband. Investment for this depends on the subject, length of workshop and whether you want the workshop kept for your own organisation or if you're happy for us to use it at a later date.



Shaun McLaughlin enjoys helping people to help themselves and is delighted to be a part of the Bright Rebel Coaching team. Shaun has a background in the Royal Air Force, leading small and large organisations

all over the world since 1991. He has been a self-employed Tree-Surgeon and more recently supported a programme of complex change for NHS Community Health Care Professionals in Oxfordshire.

He has a wealth of experience coaching and mentoring people, often in challenging professional and personal settings, to realise their passions and to embark on the path to reaching their goals. Knowing only too well the challenges that life can put in our way, and that we can also create, and with 50 years of lived experience, he relishes life's journey and is embarked on a programme of continuous personal and professional development that adds weight and richness to his work with clients.

He starts a PGCE in Coaching and Mentoring next year.

When not chasing after his young daughter or two teenagers, Shaun enjoys nursing a surprisingly fertile allotment, cycling, hillwalking, travel and a good book.

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