



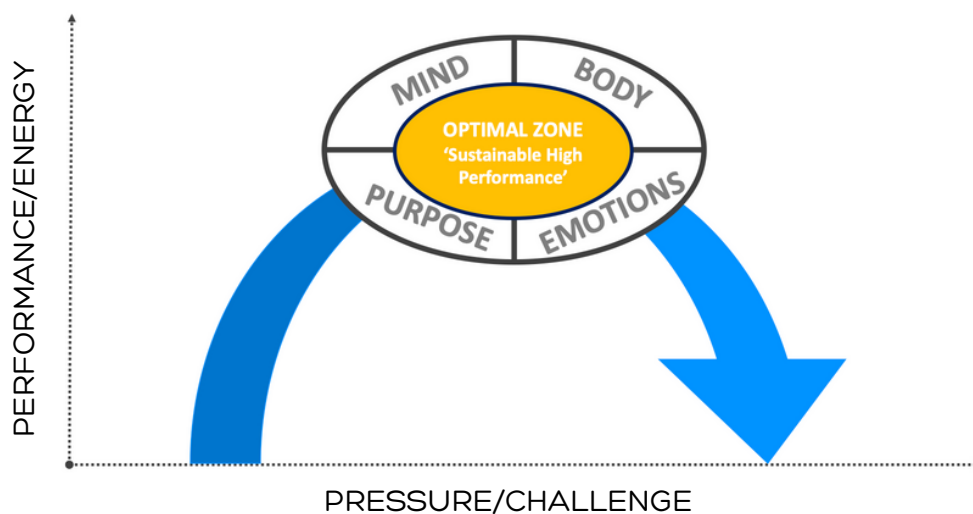
# Momentum4: Impact Workshops

**Empower - Elevate - Excel**

## Overview of 'general business climate'

The outline below reflects the complex realities that people working in companies are trying to navigate. The aim is to keep people close to the top/optimal point of the performance curve, despite working in a system which can easily lead to fatigue, frustration, irritability, and declining performance.

### The 4 Dimensions of The Resilience Framework: supports Optimal Performance at individual & team level.



At the optimum point on the curve we feel in control of our lives, energised, engaged and resilient. We can use our talents and abilities to the full potential.

If demands are too high, we become overwhelmed, mental energy drops, we feel we are struggling and we can become prone to a decline in performance. If demands are too low, we feel disengaged, tired, and de-motivated...performance also drops.

Balance is crucial for energy, but balance is easily lost through trying to adapt to the realities of working life today.

By developing your overall resilience across all 4 dimensions, you will find that that you will have a greater ability to perform at your best and operate in the optimal zone.

## WHY M4's Impact Workshops...the business case.

The realities and challenges of business life today:

- Hybrid work environment
- Low engagement
- Constant expectations to deliver / constant change.
- Managing diverse teams
- No line / boundary around the job
- Instant access / instant expectations
- Struggle to balance work life and home life.
- Fatigue, loss of focus
- Sleep disturbance.
- Little or no activity / exercise
- Inappropriate nutritional choices
- Motivation challenges
- Internal team conflict
- Pressure from self, pressure from others.

**The Remedy...in short, businesses need to attract, develop and retain talent, by creating positive environments where everyone can thrive.**

### M4's Solution

We have created a number of workshops that will elevate your team's performance and efficiency in the face of today's business challenges. The workshops have been strategically designed to inspire resilience, embrace change, foster collaboration, and unleash peak productivity...the result, a shift in mindset that drives lasting behavioural change and business success.

### WHO M4's Impact Workshops are aimed at.

Individuals and teams who are driven, ambitious and looking to progress their careers through relevant personal development initiatives.

### HOW M4's Impact Workshops empower you on your professional journey

Expert facilitation from world class tutors, with over 25 years of relevant experience.

All workshops are underpinned by using The REP Model, which creates strength in the 4 dimensions of resilience, namely: **Body, Mind, Emotions and Purpose**...this provides the foundation to all subsequent learning.



## Outcomes of M4's Impact Workshops

- The development of a robust resilience framework at individual/team level, which provides energy, mindset, motivation, and purpose, to fully engage with the learning.
- Highly Interactive and experiential learning, based on the needs and challenges of today's business environment.
- Tips and tricks that deliver impact and create positive change.
- Benchmarking of key learning outputs to track progress.
- Expert facilitation from experienced world class tutors.
- A safe learning environment.
- Practical and sustainable behavioural 'tweaks', that can be realistically integrated into 'everyday life'.
- Re-energised and engaged teams, who are better equipped to deliver the business strategy.
- FUN, LEARNING, EMPOWERMENT, COLLABORATION.

These outcomes are interconnected and contribute to the overall effectiveness and success of the team. Additionally, we will follow up with regular check-ins to track benchmarking, where we will suggest further learning initiatives...this will maintain the momentum and implementation of the identified strategies and action plans.

## The Workshops:

### "Female Leadership: The Rise of Superwoman"

The 6-steps of the Female Leadership programme, can be delivered as standalone workshops:

- Powerful Mindset
- Energy Is Your Superpower
- EmpowerHer
- The Superwoman Within
- Coaching for Success
- Living Your Life On Purpose

#### **Impact:**

To equip female leaders with the essential skills and mindset needed for success in leadership roles. The workshop focuses on building confidence, enhancing strategic thinking, and developing positive leadership practices to support the rise of strong and effective female leaders.

### "Beyond Bounce Back: Resilience, Optimal Performance, and Empowerment Unleashed"

#### **Impact**

To equip participants with practical tools and knowledge that go beyond the traditional "bounce back" mentality. Instead, the focus is on building resilience, unlocking peak performance, and supporting empowerment to enhance overall personal and professional development.

### "Health Is Wealth: Honouring The Body's Design"

#### **Impact**

To empower participants with the knowledge and tools to prioritise and enhance their overall wellbeing. The workshop emphasises the notion that good health is the key foundational element for personal and professional success, reinforcing the idea that "health is wealth."

## **"Beyond Barriers: Embedding Equality, Diversity and Inclusion in the workplace"**

### **Impact**

To equip participants with the knowledge and skills needed to navigate the complexities of a diverse workplace, which supports empathy, understanding, and inclusive practices. The workshop emphasises the value of embracing differences and leveraging emotional intelligence to create a more harmonious and effective working environment.

## **"Optimal Energy, Optimal Performance: Empowering Resilience, Fueling Team Collaboration"**

### **Impact**

To provide participants with the knowledge and skills necessary to optimise their energy levels, enhance resilience, and develop effective collaboration within a team. The workshop emphasises the interconnectedness of individual well-being and team success, promoting a human-centric approach to personal and professional development.

## **"Mind Matters: Powering Up The Efficiency Of The Mind"**

### **Impact**

To empower participants with the cognitive and mindset tools necessary for improved focus, prioritisation, and mental efficiency. The workshop emphasises the importance of cultivating a proactive mindset and leveraging cognitive strategies to optimise individual and team performance.

## **"The Purpose Dimension: Living Life on Purpose"**

### **Impact**

To empower participants with the tools and insights needed to live a purpose-driven life. The workshop emphasises the importance of intrinsic motivation, personal vision, and positive impact as drivers for individual and collective success. Participants are encouraged to connect with their deeper sense of purpose to enhance their overall well-being and effectiveness.

## **"The Self-Leadership Blueprint: navigating the Professional roadmap"**

### **Impact**

To empower participants with the skills and mindset needed to lead themselves effectively towards professional fulfillment. The workshop emphasises self-awareness, goal-setting, and resilience as crucial elements in crafting a path to personal and professional success.

## **"Collaborate & Elevate: Strategies for Team Success"**

### **Impact**

To equip participants with the essential skills and strategies needed for effective teamwork and collaboration. The workshop focuses on enhancing communication, building trust, and aligning team efforts toward common goals, ultimately contributing to the overall success of the team.

## **Coach & Grow: "Creating a Successful Coaching Culture"**

### **Impact**

To empower participants to create and sustain a coaching culture within the business. The workshop focuses on building coaching skills, instilling a coaching mindset in leadership, and integrating coaching practices seamlessly into organisational processes for enhanced employee development and overall success.

## **"Thriving Through Change: Adaptability & Mindset Reset"**

### **Impact**

To empower participants not just to survive but to thrive in the face of change. The workshop focuses on building a positive and adaptive mindset, providing practical coping strategies, and developing an environment that encourages continuous personal and professional growth during organisational change.

## **"Unleashing Your Brain's Talents for Team Success"**

### **Impact**

To enhance individuals' understanding of their unique cognitive strengths...their brain talents. It focuses on leveraging these distinctive talents to build diverse, balanced, and effective teams. Participants will need to complete a brief assessment tool, as 'pre-work' to this workshop.

## Workshops are Adaptable:

Impact Workshops can be used in a number of ways:

- **90-minute format:** stand-alone individual topic workshops.
- **1/2-day format:** 2-3 topics 'bundled' into a ½ day format.
- **1-day format:** Topic/s used as the 'learning component' of a company's 'Offsite/Team Strategy Day'.
- **Delivery options:** Face-to-face or Virtual.

## Each workshop culminates in:

- Reflection...thoughts & feelings.
- Personal action plan: embedding the learning into day-to day practices.
- What's next?...

## Bespoke design:

When requested, or where there is a specific challenge that needs to be addressed, we can collaborate with business team leaders re the content/activities of bespoke workshops, this ensures alignment with the key outcomes of their wider business strategy.



## Impact for organisations

- Increased talent attraction, development & retention.
- Increased employee engagement.
- Broader/more diverse talent pool, which drives:
  - Enhanced innovation and creativity.
  - Improved decision-making.
  - Better problem solving.
- Builds strong narrative re resilience, wellbeing & mental health.
- Better relationships and communication in teams.
- Strengthens learning culture.
- Empowered teams that drive effective, profitable businesses.

## Impact for participants

- Increased confidence and a positive shift in mindset.
- Increased energy and robustness in the four dimensions of resilience.
- Practical development of positive leadership skills.
- Participants feel valued and supported.
- Development of early warning system for stress and overload.
- Understanding of what boosts and what drains your energy.
- Develop self awareness / awareness of others.
- Increased performance...especially under pressure.
- Improved work life balance.

## Working with Momentum4

Our workshops are flexible, our style is agile and adaptive to individual/group needs and challenges. We challenge participants in our workshops in a safe, interactive, and fun environment, where learning, growth and behavioural change is our aim.

The workshops have been designed to be delivered using a combination of 3 key learning methods:

- 1.Face to Face
- 2.Virtual
- 3.Coaching

Each workshop, has been specifically designed to enable participants to consider small, practical, and sustainable changes...participants need to be open minded to embrace 'all' possibilities.

**The result:** Collective Brilliance developed through dynamic workshops, which drives collaborative team environments and business success.

### Our clients:



### M4's Promise:

- We will develop individuals and teams by delivering actionable solutions to many of today's business challenges.
- By focusing on relevant topics, M4's Impact Workshops will not only provide a broad base for continual personal development, but they will also act as a springboard for career progression.
- Participants will emerge stronger and more confident, equipped skills and strengths which will enable them to navigate their career path with precision.

### Overview of impact:

- Positive role models capable of inspiring and supporting others.
- Strengthening the narrative of 'lifelong learning'.
- Engaged teams who are not only aligned with the business strategy but are also empowered and motivated to deliver exceptional results.

**Momentum4 Impact Workshops enable response readiness for the future that lies ahead.**

### For more information

Please contact Momentum4 for an informal chat, where we can discuss your specific needs.

### Contact:

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