

Searching for Serenity

Corporate training overview

Key areas of focus: burnout, imposter syndrome, resilience, stress management productivity, efficiency, confidence and communication skills.

These areas are not one-size-fits-all and can require an element of individualised support. In addition to the options laid out below, Leah creates bespoke training solutions for firms and teams across the South West

To discuss any of these options or more information contact Leah
by email: hello@searchingforserenity.co.uk or call 07858135667

Burnout Prevention Session

This is a one hour training delivered to teams of up to 25 people, via Zoom, with the aim of helping staff and managers;

- Understand what burnout is & dispel the burnout myths
- Identify burnout behaviours within themselves and others
- Create a working life that actively prevents burnout
- Know what practical steps to take to manage and reverse burnout

Delivered in the style of a one hour lunch and learn training this is available and applicable to anyone working in a professional role. This is effective as a soft open to consultancy/group training days (below), allowing attendees to opt in to further training for maximum engagement and impact.

Delivered online to a max of 25 attendees: £550

For numbers above 25 or for licensing to deliver a replay across your entire organisation, a sliding scale fee will apply. Contact me to discuss your requirements!

Consultancy/Group Training Days

These days can include: consultancy with team managers/leaders to explore current company culture and pressures specific to the business.

Most commonly requested are small group trainings to follow up on a Burnout Prevention Session expanding further into strategies and tools; these sessions are booked for 90 minutes for up to 12 people and/or for 60 minute follow up trainings.

Half day consultancy: £650 Full day consultancy: £1,000

1:1 support and training

For employees who require further or more intensive support, 60 minute sessions can be provided as part of an on-site one day consultancy day or by remote training.

Remote 1:1 work can be carried out on the same terms as for individual clients (6 x 60 minute sessions delivered by telephone/video call on a fortnightly basis) or on a limited booking basis of £250 per hour.

Bespoke webinar/group training

Searching for Serenity offers a bespoke webinar/online group training option for specific subjects.

Offering includes:

- Initial discussion to establish training needs and agreed parameters
- Training overview to include details of content (including pre-recorded video, slides and notes book).
- Preparation and delivery of pre-recorded video content and workbooks available to employees via an online secure system.
- Preparation of feedback questionnaires and delivery of pdf overview of feedback outcomes to management team (on an anonymised basis)

Price is calculated on the number of delegates and proposed content but starts from £650 for a 1 hour training for up to 25 delegates.

About the trainer

Leah Steele is a non-practising solicitor, taking a career break in 2017 to expand Searching for Serenity with an aim to helping professionals thrive at work.

For the past 4 years she has worked with professionals, from lawyers to doctors to marketers to teachers, across the UK, Europe and even in the USA and Australia, offering online training solutions and 1:1 mentoring and support.

A practising lawyer for over a decade, with a primary focus in injury, mental capacity and Court of Protection matters, Leah talks from experience, often with a great deal of dark humour, about her own journey through burnout.

By sharing the human face of what it means to be bright, ambitious and overworked, she helps dispel the myths and fears we have about being 'less than perfect' at work.

