



Your organisation & your people, thriving

Supporting individuals, teams, and the business to be **healthier** and **holistically successful**.

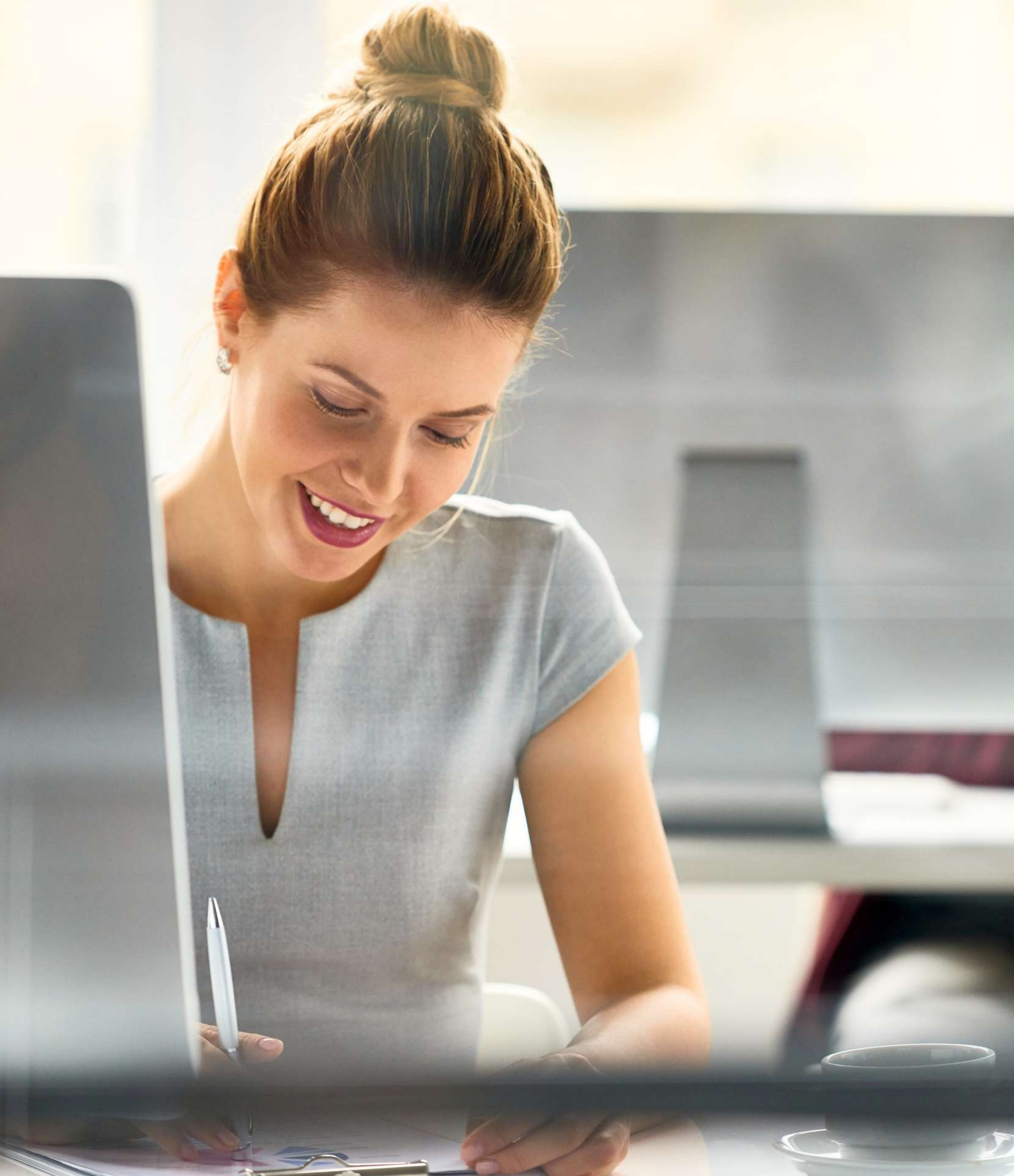
The importance of employee wellbeing.

Why?

Are your employees and your organisation truly **thriving**? We believe that holistic success is not just an aspiration, but a strategic necessity. **thriving** individuals lead to **thriving** teams and, in turn, a **thriving** business. It's not only the right thing to do; it makes clear business sense. Our **thrinars** are here to support your journey.

The sessions can be tailored to bring your organisation's **core values** to life in a very real and impactful way. Senior leaders are coached to authentically lead the change, and foster an inclusive culture. As a result, your people will learn how to look after their mental and physical wellbeing and take care of each other.





The practicals of what our collaboration will look like.

What?

We keep our finger on the pulse of evolving wellbeing needs, and have developed 20 different **thrivinars** on wellbeing topics. Our **thrivinars** support your people to look after themselves and each other, as well as upskilling leaders to look after their teams.

thrivinars are delivered in a coaching style, by subject matter experts and supported by your senior leaders and/or wellbeing culture carriers. Agile in delivery, all topics can be run as:

- Interactive webinars
- Engaging in-person keynotes
- Virtual or in-person team meetings
- Transition events

The process of working together.

How?

We aim to make working with us practically effortless. You simply select a topic and propose suitable co-facilitators from your organisation. We take care of the rest.

We tailor the session so it feels bespoke for your business and your people.

We coach the co-facilitators to feel confident sharing their insights in a concise and compelling way. We also manage the session, so it inspires your people to positively shift how they think, feel, and most importantly – behave.



The positive effect of working together.

Impact

Your people are empowered with the skills they need to be **thriving**.

A permission space is created for more open, supportive conversations with a common language and framework to build a healthy high-performance culture.

Your people feel leaders really care about them personally and are supporting them to achieve their full potential.

This, in turn, generates a ripple effect: improved personal wellbeing, stronger connections, and heightened productivity. This fosters a virtuous circle where **thriving** becomes contagious for individuals, teams, and performance.

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Building Personal Resilience

With Mark Mulligan or Sarah Bridges

Key outcome:

Find out how to bounce back from challenges quicker and become more resilient. Create a personal action plan so that you can **thrive** across all areas of your life.

In this rapidly changing world, there's never been a greater need for resilience — both in our personal and professional lives.

This session covers the 4 steps of the **thriving** coaching model, which has helped tens of thousands of people to boost their mood, energy, and wellbeing.

You and your colleagues will be exploring:

1. What is **thriving** for you?

This is an opportunity to pause, reflect, and take stock of what's really important to you both inside and outside work. We'll be thinking about some big questions, such as: How are you doing right now? What do you want from your life and your career? What does being at your best mean for you and how do you experience it?

2. Wellbeing balance sheet

Discovering how to consciously make the connection between the things that help, and those that sabotage your wellbeing.

3. Motivation

Learn how to harness the power of the unconscious mind and utilise techniques used by Olympic athletes to unlock motivation and change your behaviour.

4. Action planning

Learn simple psychological techniques to create new healthy habits and make them stick.



Leading Wellbeing Well

With Mark Mulligan or Sarah Bridges

Key outcome:

Building a healthy high performance culture.

How leaders behave has a huge impact on others. They play a pivotal role in creating a healthy high performance culture. Typically, when they are stressed, they set off a stress chain reaction in their teams. The opposite is also true: if they are **thriving**, they trigger a positive domino effect in others.

There's a direct correlation between colleagues being well and performing well. A recent Harvard Business Review study found that the productivity of inspired employees was 125% higher than merely satisfied employees. Healthy people mean healthy profits.

This session is about building awareness of the impact of helpful and unhelpful behaviours, and making conscious behavioural choices in order to best support colleagues to thrive.

In this session leaders will discover:

- The scientific underpinnings linking wellbeing and optimal performance
- How to make colleagues feel valued and supported
- The behaviours that help to build and sustain a healthy high performance culture
- How to spot the things which they may unintentionally be doing that sabotage the wellbeing of their people
- How to support their teams to be healthier, happier, and achieve their full potential



Overcoming Imposter Syndrome and Building Confidence

With Mark Mulligan or John Binns MBE

Key outcome:

Learn how to overcome Imposter Syndrome and develop practical skills to build personal confidence.

Imposter Syndrome in business is a commonly held core belief that we are not as good at performing our role as we believe we should be, or as our peers or leaders expect.

It also often brings with it a perceived need to pedal twice as hard to stop being 'found out', leading to high levels of stress, anxiety, risk aversion, and burnout.

Previous sessions have shown that over 95% of colleagues can be subject to the unhelpful thoughts associated with it.

In this insightful session you'll learn:

- The personal and business cost of imposter syndrome
- Who suffers most and what are the most common triggers
- A range of CBT-based practical tools and techniques to help you keep perspective and maintain good mental health
- The **VANISH** model with 6 practical strategies to overcome Imposter Syndrome and boost your personal confidence while also supporting your colleagues



Reaching Out for Help

With Mark Mulligan or Daryll Scott

Key outcome:

Discover small changes you can easily make in how you think, feel and behave, so that you can be comfortable and confident reaching out for help at work when you need it most.

Over the last year, 62% of people have reported an increase in work-related stress and, as we work from home, the opportunity to reach out for help from others at work has decreased – but the need to have deep, genuine connections hasn't.

There are so many reasons that get in the way of us reaching out for help at work when we need it... Discomfort of an awkward conversation, fear of what others will think, or impact on career prospects. Whilst some of these reasons could be true, in reality most are not.

In this pragmatic session, you'll learn how you can reach out for help at work in a way that works for you when you need it most.



Reaching Out to Help Others

With Mark Mulligan or Daryll Scott

Key outcome:

Learn how to become comfortable and confident reaching out to help others at work – and how this process can also personally help you.

The desire to help others is deeply ingrained in all of us, but the problem is that there are so many things that get in the way of our positive intentions. How can we show that we care without being overbearing or overstepping the mark?

Because of these concerns, many of us may choose to take the easy route and just say nothing – but this can have a negative effect on workplace culture, and make it difficult to connect with others at work.

In this practical, interactive session, you'll explore small changes you and your colleagues can make in how you think, feel, and behave so that you can also help those around you to thrive.

You'll discover how to develop a useful mindset and overcome any fear or discomfort you might be feeling around checking in with others, as well as a couple of practical steps on how to start the conversation.



thriving Through Menopause

With Kate Muir

Key outcome:

Discover what you need to know about a change that's experienced by approximately 50% of the population, and can have a huge impact on everyone around them.

Did you know that menopausal women and non-binary people are the fastest-growing demographic within the workplace? But sadly, they are not getting the support they need, resulting in 1 in 10 quitting their jobs because of menopause.

Providing the right support makes a world of a difference for people going through this transition, while also resulting in higher retention and productivity for the business.

If you'd like to become a more menopause-friendly business, this session is a great place to start.

This interactive session will help you to:

- Open up an inclusive conversation
- Help colleagues navigate menopause
- Share research, tools, and information
- Recommend the best resources

And your people will:

- Learn to recognise menopause symptoms
- Understand the impact menopause has mentally, physically, and emotionally
- Discover the latest research into the best treatments
- Reframe menopause into a catalyst for positive change

Building Psychological Safety

With Catherine De La Poer

Key outcome:

Learn why psychological safety is so important for you personally, your colleagues, and for a **thriving** business.

Psychological safety is a belief that you will not be punished or humiliated for speaking up with ideas, questions, concerns, or mistakes.

It leads to colleagues feeling more engaged and motivated, because they feel their contributions matter and that they're able to speak up without fear of retribution. It can lead to better decision-making, as people feel more comfortable voicing their opinions and concerns, which often leads to a more diverse range of perspectives being heard and considered. It can also foster a culture of continuous learning and improvement, as team members feel comfortable sharing their mistakes and learning from them.

In this thought-provoking session you'll learn:

- Why psychological safety is so important in the workplace
- How it leads to higher engagement, better innovation and increased productivity
- How to feel more empowered to share ideas, speak out, and experiment without fear of blame
- Practical tips on how to create a more psychologically safe culture



Understanding Gen. Z

With Mark Mulligan

Key outcome:

Increase your understanding of Gen. Z so you can support them to achieve their full potential and collaboratively shape your company's brighter future.

Gen. Z is one of the fastest-growing demographics within the workforce, yet they remain the least understood.

In this fun, interactive session, designed and co-delivered with Gen. Z'ers, you'll:

- Unpack the uniqueness of Gen. Z
- Identify the defining traits that distinguish this generation
- Explore the intricate interplay of social, economic, cultural, and technological influences that have sculpted them
- Understand why Identity is so important to them and how it's much more complex and nuanced than it is for older generations
- Reveal unexpected insights into Gen. Z's work values and career aspirations
- Uncover the Top 5 stressors for Gen. Z and how to best support them with their wellbeing in the workplace
- Learn how best to communicate and collaborate with them most effectively



Embracing Intergenerational Diversity

With Mark Mulligan

Key outcome:

Building on the success of Understanding Gen. Z, this session expands to explore how to embrace intergenerational diversity for all of your people.

There are 4 generations working side by side in most organisations. In organisations we have worked with recently up to 83% of people are Gen. Y or Gen. Z, yet most senior leadership are Gen. X or Baby Boomers.

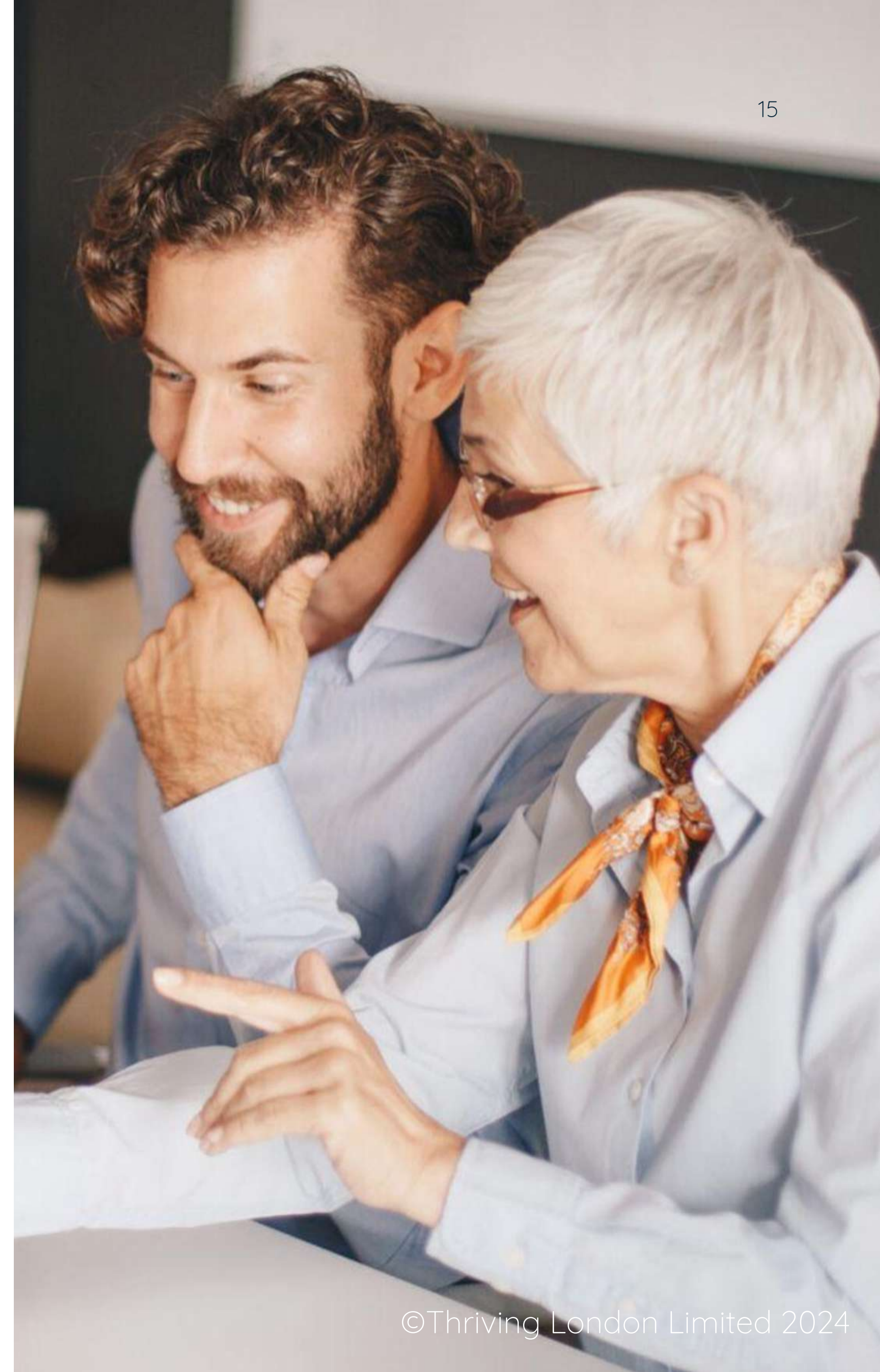
Each generation is very different and often there is a lack of understanding which can lead to challenge and conflict. Yet less than 8% of organisations do something to promote intergenerational harmony.

This session is designed to promote intergenerational understanding, create an opportunity to learn from each other and empower people to play to their strengths.

Like our successful 'Understanding Gen. Z' session, this training aims to cultivate a cooperative and harmonious work environment by appreciating and leveraging the rich diversity of strengths that each generation brings.

You'll get to:

- Hear the influences that have shaped each generation
- Understand the values and strengths of each generation
- Identify the most common intergenerational challenges within the workplace
- Acquire practical strategies to foster intergenerational synergy and collaboration



Race Equity: Turning Up the Dial from Tension to Trust, One Conversation at a Time

With Richard Odufisan

Key outcome:

Feel more confident having conversations about race, and take meaningful action towards racial equity.

The intention of this 60 minute interactive session is to help your people explore their personal contribution and commitment to actively promoting racial equity.

Through storytelling, discussions, and structured activities, colleagues will have reflective time to explore:

- The current racial tensions present within the UK and globally
- Themselves as part of the solution to promoting racial equity

- Their current and future preparedness to have a 'conversation about race'
- Key actions that they can take to further promote racial equity
- The value of a patience, grace, and vulnerability mindset in promoting racial equity
- A model for inspiring their own continuing commitment to promote racial equity



Motivation Mastery: How to Sustain Healthy Habits

With Mark Mulligan or Daryll Scott

Key outcome:

Learn 4 ways to motivate yourself to start and sustain new healthy habits.

Even when we know that we **should** do something, we just don't do it. Isn't that a bit weird? As we see ourselves break our promises to change time and time again, we might ask ourselves: why is it so difficult to change, especially when we know it's good for us?

At **thriving**, we've found that the thing that makes the biggest difference is discovering your best way to stay motivated.

In this session, you'll learn:

- A technique to help you to build your motivation so that changing your behaviour becomes almost effortless
- Four different types of motivation
- How you can leverage each of them to do more of the things that help and less of the things that sabotage your wellbeing.



Neurodiversity Pride: What's Strong With You?

With Helen May

Key outcome:

Better understand neurodiversity. A unique experience for participants to embrace and appreciate difference.

Imagine if we were all the same. It would be a pretty dull world! Some of the most unique differences aren't visible — they exist structurally in the brain, and while ideally people should feel comfortable enough to share these differences and find the best way to work together, the reality is that, most of the time, they don't.

Embracing Neurodiversity is not about awareness, it's about appreciation and acceptance. It is about celebrating neurodivergent talent, honouring the stride of neurodivergents and embracing the beauty of a future that supports neurodiversity.

This stimulating and vibrant session:

- Explores the concept of neurodiversity
- Identifies and celebrates thinking differences
- Provides a unique opportunity for participants to experience and appreciate difference
- Enables us to look to an exciting future where these unique talents are embraced, valued, and maximised



How To Be A Better Ally

With Helen May

Key outcome:

Learn how you can be an upstander, not a bystander.

Diversity and inclusion in organisations is changing. As the conversation shifts from dealing with inclusion one minority group at a time, there is increasing recognition that identity intersections can lead to varying degrees of disadvantage – for example, a black lesbian will face triple disadvantage due to three aspects of her personality, compared to the triple advantage which might be experienced by a white heterosexual male. What can YOU do to help make a change?

As an individual, you have to commit yourself to being an ally. Genuinely commit. Walk the walk. Get out of your comfort zone. Be prepared to admit both ignorance and advantage. It takes hard work and perseverance. It is not a destination – it is a lifelong commitment to making sure you do all that you can to ensure the inclusion of those who may be marginalised in the workplace.

This session will help you to start your journey as an ally and will cover:

- Developing perspective and understanding: getting comfortable with feeling uncomfortable
- Amplifying the voices of those who are marginalised: opening up conversations and calling out those who don't
- Using your power to advocate for underrepresented colleagues: bringing opportunity to all talent
- Being an upstander: calling out microaggressions
- Earning the privilege of being a trusted confidante: questioning, listening and seeking to understand



Stress SOS: How to Nip Stress in the Bud

With Mark Mulligan, Daryll Scott, or Sarah Bridges

Key outcome:

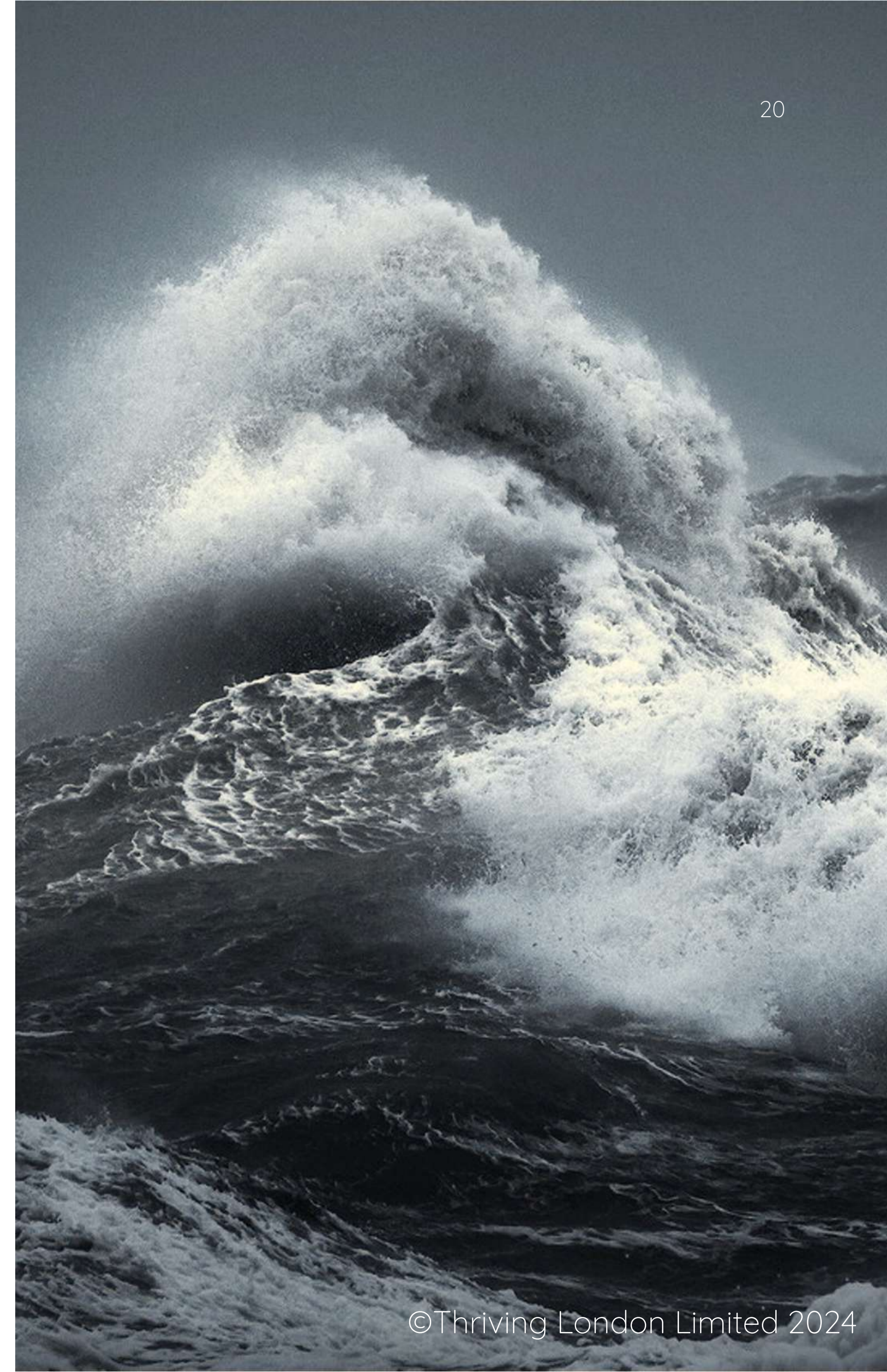
Discover how you can nip stress in the bud, so that you can feel better more rapidly – as well as gain the practical tools you need to overcome stress and boost your mood, energy, and wellbeing.

Work-related stress is on the up, according to a pan European study carried out by AXA where 62% of workers reported an increase over the last year.

In this fun and practical session, you'll learn how to recognise the early warning signs of stress and how it affects you mentally, physically, and emotionally.

You'll discover 6 proven techniques that you can do anytime, anywhere that reverse engineer the stress response, and we will coach you to find the ones that work best for you.

As managing our stress levels becomes more challenging, we need to take the time to add more tools to our wellbeing arsenal.



Digital Wellbeing: From Fragile to Agile

With Laura Willis

Key outcome:

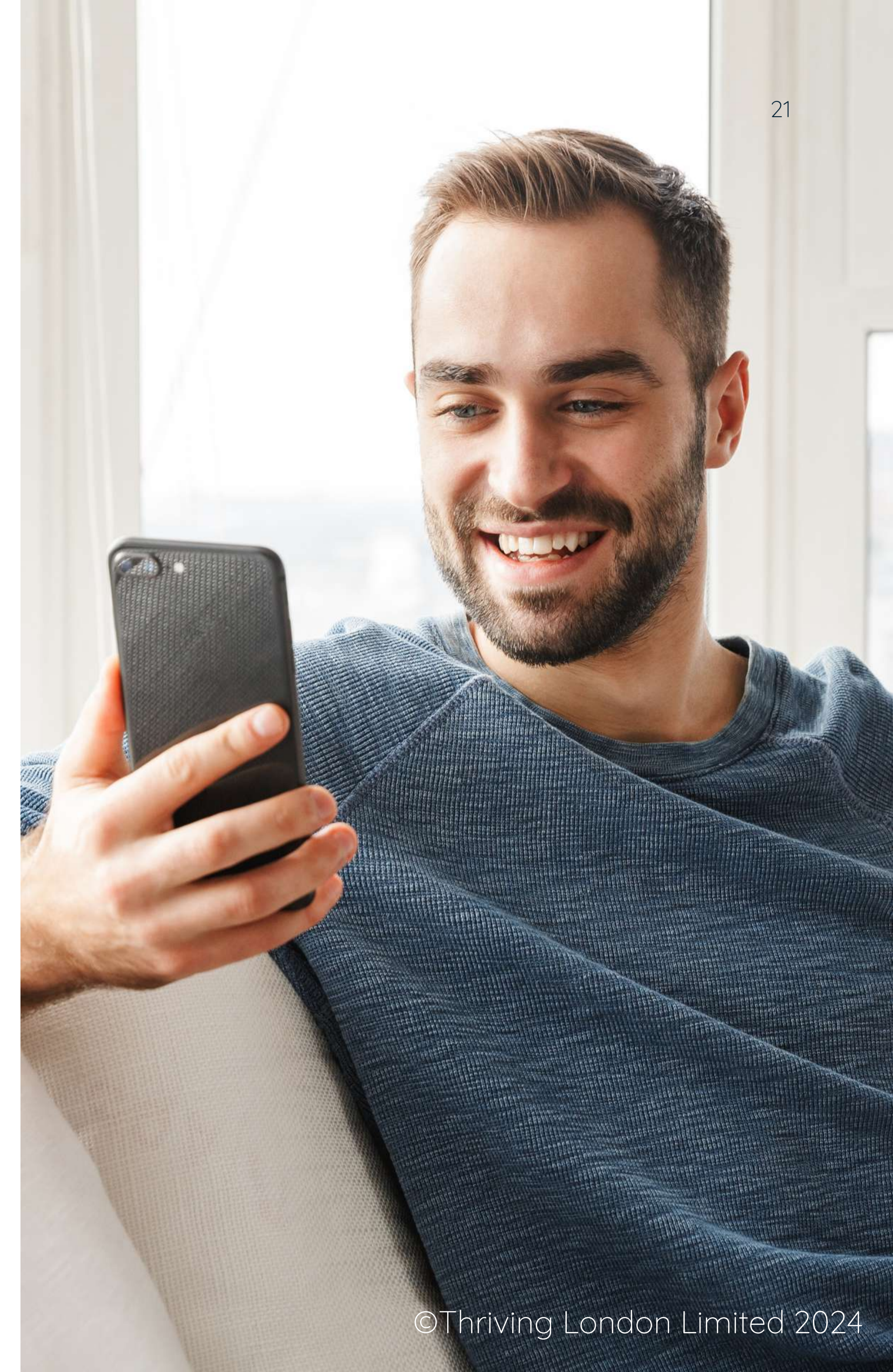
Discover how to build healthy digital habits in today's 'always on' world.

In a world where we are more reliant on digital technology than ever before, how can we make sure that we are preserving our boundaries, encouraging healthy connection, and protecting our overall wellbeing?

This practical and uplifting 60-minute session will empower you and your colleagues to create positive digital habits to protect your life/work balance, mental health, relationships and focus.

Laura will share with you:

- Up to date research on current behaviours and evidence from the worlds of psychology and neuroscience
- Real life examples of positive changes people and organisations have made to digital behaviour
- Tangible, practical tools and tips to help you and your team to ensure professional and personal technology play a positive and enhancing role in your life.



Belonging: Cultivating Personal Wellbeing and Collective Success

With Mark Mulligan

Key outcome:

Understand the deep-rooted human need for belonging and its influence on personal wellbeing and collective success.

Belonging goes beyond a psychological need – it's primal. When people feel included, valued, and understood, it has a positive impact on their health, happiness, and performance.

Recent wellbeing webinars in large organisations we have worked with revealed that 97% of people experience 'Imposter Syndrome' some or all of the time. This feeling was stronger among those who don't see themselves represented in leadership.

Most organisations are very different today than they were even 10 years ago. As the work landscape evolves, so do colleague needs. Creating an environment where everyone feels they truly belong is crucial; it's not just about job satisfaction, it's about shaping a workplace where both individuals and the organisation as a whole can flourish.

This session will:

- Address the challenges of building an inclusive culture in rapidly changing workforce which is increasingly diverse
- Share practical strategies to nurture a sense of belonging
- Learn how diversity can be turned into a strategic advantage for greater success



Setting Healthy Personal Boundaries

With Mark Mulligan

Key outcome:

You'll discover easy to implement strategies to overcome overwhelm, regain a sense of control, and achieve stress-free productivity.

Setting healthy personal boundaries is essential to maintaining good mental and physical wellbeing, cultivating a healthy work-life balance, and sustaining peak performance.

You'll discover the powerful **FACET** model to safeguard your Focus, manage your Attention, Clarify priorities, and boost your Energy so you can be **thriving** both personally and professionally.

1. Focus

Understand the transformative power of dedicated, focussed time and how to protect this time from external disruptions to ensure optimal cognitive performance.

2. Attention

Explore effective strategies to manage distractions and interruptions, allowing you to maintain sustained focus and productivity.

3. Clarity

Learn how to define success, prioritise what to work on, and accomplish critical goals early, whilst avoiding procrastination.

4. Energy

Discover techniques to maintain your energy levels.

5. **thriving**

Learn how to achieve stress-free productivity and thrive.

You'll also benefit from invaluable insights shared by peers, through real-life stories and practical tips to protect your time, control distractions, define success, boost vitality, and be joyfully productive.



How to Agree Boundaries to Optimise Wellbeing, Performance, and Potential

With Mark Mulligan

Key outcome:

Learn the need for boundaries and how to set them tactfully.

The art of setting boundaries is crucial for personal wellbeing and professional success.

Do you ever find yourself grappling with the challenge of setting boundaries at work? If so, you're certainly not alone. It's a common struggle shared by many.

In this session, you'll:

- **Discover the power of boundaries:** explore why setting boundaries is not only vital for your personal fulfilment, but also integral to a **thriving** business.
- **Recognise the need:** learn how to identify the critical moments when boundaries need to be set, ensuring you optimise your energy, well-being and performance.
- **Break the barriers:** discover the obstacles that hinder you from asserting your boundaries effectively and gain valuable strategies to overcome them.
- **Hear real-life perspectives:** hear frank, personal stories from your peers.
- **Learn the art of saying 'no':** master the skill of tactfully saying no, while strengthening relationships and unlocking new opportunities.



thriving Ambition

With Lee Mears

Key outcome:

You'll discover easy to implement strategies to overcome overwhelm, regain a sense of control, and achieve stress-free productivity.

Ambition can often be the very thing that sabotages your wellbeing. Being overly focused on one part of your life can create imbalance, heightened levels of stress and in some cases burnout. Coming from the world of elite sport, Lee is all too aware of the pitfalls of misguided ambition.

During this highly engaging and interactive webinar, Lee will share how healthy ambition is actually good for your mental wellbeing, your relationship with others and your impact in the world.

Success can be measured in so many ways, in this session Lee will coach you how you take a holistic approach to what success looks and feels like across all the areas of your life.

Lee says 'Let's face it... everybody wants to achieve something with their lives... but you don't want to kill yourself getting there!' This session will help you get the balance right for you.

In this 60-minute webinar, you will:

- Understand the neuroscience that proves how ambition can actually help manage stress
- Discover a simple tool to help you stop, reflect, and take stock of the main areas in your life
- Define what success looks like for you
- Learn tips on how to achieve and sustain peak performance
- Design your own ambition plan, so you can be **thriving** both inside and outside work



Festive 5 to Thrive: Happy Holiday Hacks

With Mark Mulligan

Key outcome:

Gift yourself your best Christmas ever!

It's coming up to Christmas! Time off work. Gifts to give and receive. Eating and drinking as much as you like. Seeing friends, family and loved ones. The atmosphere of goodwill and cheer. What's not to love? Well, quite a lot, actually.

The festive period is often a source of great stress for many. If you look at the modern manifestation of Christmas, it turns out there are a surprising number of elements that can, and probably do, lead to an increase in stress, rather than the opposite.

Discover the secrets to have a joyful break with Mark Mulligan and leaders from your organisation who join him on the panel, as they share "Festive 5 to Thrive" – a guide to boost your mood, energy and wellbeing over the holidays.

Join us for 60 mins of fun, inspiration and insights to learn tips to:

- Manage your festive workload stress free
- Set healthy expectations
- Better understand family/group dynamics and how to ease tensions
- Tune into your inner wisdom to eat and drink to feel light and energised
- Have your best Christmas ever!



Our Subject Matter Experts



Mark Mulligan

had a classic fast track corporate career with several blue-chip companies, culminating as a Finance Director for a FTSE 100 company. However, he was a classic case of executive burnout. Now, he focuses on enabling professionals to be healthier, happier, and more holistically successful. As the founder of **thriving**, a top UK wellbeing consultancy, Mark introduced an exceptional coaching model benefiting tens of thousands of people in surmounting challenges and enhancing resilience. He says, “The thing that helps me thrive most is seeing others thrive; it’s like when you give money to a just cause – it makes you feel richer.”



Catherine De La Poer

is a leadership coach who supports individuals, teams and organisations to be more resilient and agile. A keynote speaker and Future of Work podcast host, she prolifically writes on agile mindset, trust, psychological safety, emotional intelligence, and wellbeing. Catherine’s belief in nurturing sound workplace human systems fuels creativity and innovation. Since 2022, she’s been part of Hult International Business School’s postgraduate teaching faculty, instructing in Communication & Collaboration, Management Psychology, and The Science of Happiness and Wellbeing.



Daryll Scott

is an accomplished author, speaker, consultant, and coach who guides organisations, teams, and individuals in culture, performance, and mental health enhancement. With diverse experience from large corporations to tech startups, Daryll’s 25-year journey includes founding and directing **thriving** companies. His approach, rooted in systems, psychology, and people-centricity, is amplified by certifications in psychometrics and psychological coaching methods. A Master Practitioner & Trainer of Neuro-Linguistic Programming, Daryll concurrently pursues an MSc in Behavioural Change at Henley, showcasing his commitment to continuous growth.



Sarah Bridges

is a seasoned leadership coach who brings 20+ years of senior change and program director experience. With a people-centric focus, she’s led diverse teams and driven change at director level in corporate environments. Her pragmatic, reflective approach, coupled with commercial acumen, is enriched by executive and psychological coaching certifications. Understanding the business and personal impact of change, Sarah empowers clients to alter their thinking and behaviour for goal attainment. She employs the unique **thriving** coaching model, fostering holistic success and balance through essential individual changes.



Helen May

the visionary founder of Belonging@Work®, spearheads a forward-thinking consultancy collaborating with organisations to foster inclusive cultures. Helen’s impactful presence, cultivated through research, writing, and global program leadership, positions her as a prominent diversity and leadership thought leader. With two decades in corporate and consultancy realms of leadership, talent, and culture, she unites profound expertise with an unwavering commitment to challenging norms. Fearless in addressing taboo subjects, she delivers messages in a refreshingly candid, jargon-free way, consistently infused with humor.

Our Subject Matter Experts



Kate Muir

is the acclaimed author of 'Everything You Need to Know About the Menopause (But Were Too Afraid To Ask)' and visionary producer behind two groundbreaking Channel 4 documentaries on menopause with Davina McCall. A fervent advocate for The Menopause Charity and a member of the Newson Health Menopause Society, she pioneers the future of menopause care. Kate is a leading Menopause campaigner, amplifying women's challenges resoundingly. She's forged a career delivering enlightening workshops and talks globally, catering to corporations like Credit Suisse and Bloomberg. Her transformative efforts have reshaped perceptions of menopause in the UK and beyond.



John Binns MBE

a former Deloitte Consulting Partner, boasts an extensive record of success in a dynamic, commercial milieu. Overcoming profound anxiety and depression, he forged ahead in a triumphant career with the firm. Today, he stands as a global authority, advising high-performance entities and individuals on mental health, wellbeing, and resilience. As Vice Chair and Trustee of 'Mind,' NED on the Management Committee of the City Mental Health Alliance, and a key figure in the Workplace Mental Health Summit, his influence is profound. In recognition of his contributions, he received an MBE in the Queen's birthday honors list for mental health services in 2017.



Laura Willis

is a graduate of Social Psychology and Sociology and her background is in PR, marketing and events. She experienced a period of poor mental health in 2013 because of her dysfunctional relationship with her smartphone. Her recovery, which involved her reclaiming control over digital technology, inspired her to set up 'Shine Offline', her highly successful company which supports people to thrive in a 24/7 connected world. Laura is now one of the world's leading commentators on digital wellbeing and management at work.



Richard Odufisan

is an award-winning Diversity, Equity, and Inclusion (DEI) Leader who brings a unique blend of strategic insight, empathetic leadership, and dynamic adaptability to the work. A background in acting and growing up in church have enabled him to excel in storytelling and public speaking, making use of these skills to engage participants and bring them along on their journey.

Starting from tech consulting and evolving into a focused DEI path, Richard has honed his skills as a creative problem solver, **thriving** in challenging environments. Passionate about his deep commitment to equitable practices and cultural empathy, he advocates for work environments where success is attainable for everyone.



Lee Mears

is an Executive Coach, speaker, explorer, and entrepreneur. He spends most of his time coaching leaders ranging from large FTSE 100 companies to smaller innovative start-ups. He played 16 years of professional rugby representing Bath, England and the British and Irish Lions, and his obsession with continual learning led him into some of the most elite environments: from military, to the world of business. When not working as an Executive Coach, Lee is Co-founder of a Wellness app called T-cup. Whilst raising money for charity, Lee achieved two Guinness World Records; one playing the northernmost game of rugby (at the North Pole!) and one playing the highest ever game of rugby (on Mount Everest!).

How our collaboration translates into numbers.

Investment

Below is an outline of costs per session:

Service Provided	Cost
Delivery/Facilitation (virtual or in person)	£1,250
Planning/Tailoring/Briefing & Coaching co-facilitators* We tailor the session so it feels bespoke for your business and people. We coach the co-facilitators to feel confident sharing their insights in a concise and compelling way.	£1,250
Recording **	£500
Production **	£250

Notes:
Excludes any direct expenses and VAT

Hybrid sessions require additional design; please contact us for more detail if you would like to explore this option.

* In our experience, engagement and impact significantly increase when senior leaders co-facilitate the sessions. On average, three times as many people sign up for these sessions, and the feedback is consistently more positive. Such sessions provide an opportunity for senior leaders to role model values. Participants appreciate seeing their leaders fostering an inclusive culture and showing they care about them.

** Relevant for webinars



Thank you!

For more information, please feel free to reach out to mark@thriving.london.

In the meantime, be well and **thrive!**

www.thriving.london

