

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

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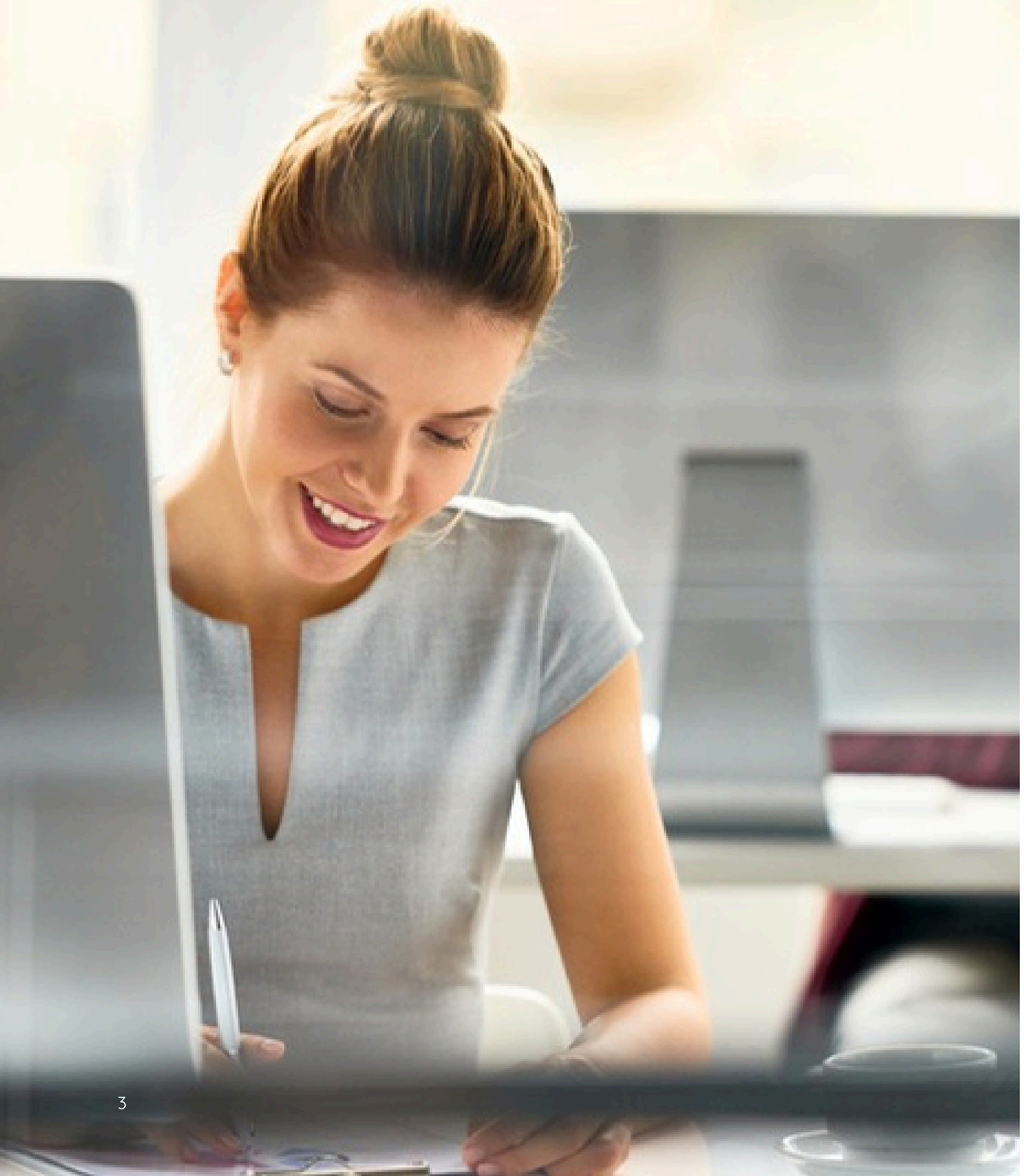
Why?

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 **thrivinars** 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 way, and foster an inclusive culture. Your people learn how to look after their mental and physical wellbeing and take care of each other.



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The practicals of what our collaboration will look like

What?

We keep our finger on the pulse of evolving needs, and have developed 28 different **thrivinars** on wellbeing topics, to 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

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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.



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Impact

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

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, fostering a virtuous circle where **thriving** becomes contagious for individuals, teams, and performance.

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thriving - 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 energy, mood, and wellbeing.

You and your 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.



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Leading Healthy High Performance

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 team. The opposite is also true: if they are **thriving**, they trigger a positive domino effect in others.

There's a direct correlation between your people 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 your people to thrive.

In this session leaders will discover:

- The scientific underpinnings linking wellbeing and optimal performance
- How to make your people 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



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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 participants 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 people.



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thriving Through Change Series

Change and uncertainty can be challenging but they also present powerful opportunities for growth.

This trio of practical webinars equips you with the tools to navigate transition with greater clarity, resilience, and impact. Whether you're strengthening your sense of direction, building deeper relationships, or fostering more effective teamwork, these sessions will support your success during times of transformation.



Resilient Confidence

Reconnect with your authentic strengths and show up with self-assured clarity.

In times of uncertainty, even the most confident can waver. This powerful session helps you identify your values, drivers, and personal story so you can make purposeful decisions, feel more centred, and navigate change with resilient, grounded confidence.

Key takeaway:

Gain clarity on what drives you, and build the confidence to express it influentially at work.



Authentic Connection

Build trusted relationships that support resilience and success.

In a fast-changing world, authentic workplace relationships matter more than ever. Learn how to deepen your connections by asking insightful questions, aligning your communication with intention, and tuning into what truly motivates others.

Key takeaway:

Strengthen your network by creating moments of genuine connection that build trust and collaboration.



Collaborative Culture

Transform uncertainty into innovation through better collaboration.

Change can either divide or unite. This session gives you tools to overcome common barriers to collaboration and create space for inclusive, creative problem-solving, so your team thrives, even in ambiguity.

Key takeaway:

Unlock diverse thinking and strengthen team dynamics by understanding and adapting your collaborative style.

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thriving Temperaments:
Your Personal SWOT Strategy for Success

with Daryll Scott

Key outcome:

You'll leave this session with a personalised approach to working at your best; understanding your strengths, recognising your blind spots, and knowing how to stay in balance so you can thrive at work while helping your colleagues play to their strengths too.

Everyone has a **thriving** Temperament, a natural way of thinking, working, and collaborating. When you play to your strengths, you're energised and effective. But overusing them can throw you off balance, while blind spots can limit both your success and your ability to collaborate well with others.

That's where your Personal SWOT (Strengths, Weaknesses, Opportunities, and Threats) Strategy comes in. In this session, you'll use it to:

- Identify what makes you thrive at work and where you add the most value.
- Recognise when you're overusing strengths and slipping off balance.
- Spot blind spots that might hold you back personally and in how you connect with and collaborate with others.
- Adapt to work better with different thinking styles, so you and your team can thrive together.

By understanding your **thriving** Temperament, you'll not only boost your own success but also contribute to a more aligned, inclusive, and high-performing team.

Your strengths already shape how you show up at work, this session helps you work smarter, avoid common pitfalls, and bring out the best in yourself and others.



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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.

The crisis is deepening: in 2025, 82% of employees globally were found to be at high risk of burnout, and 84% reported experiencing at least one mental health challenge in the past year*, 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.

* Sources: Mercer Global Talent Trends 2025; Spill Workplace Mental Health Statistics 2025



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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 people 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.



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Hormones at Work Series

with Kate Muir

thriving through life's hormonal changes at every stage.

Hormones shape our energy, focus, motivation, and resilience - yet major hormonal transitions are still rarely discussed at work. From menopause to other hormonal shifts, changes affecting all genders, hormones can profoundly influence performance, wellbeing, and workplace culture. This series lifts the lid on how hormonal changes impact us and offers practical, science-backed ways to support yourself and others.

thriving through menopause

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.

Key takeaway:

Gain the understanding, language, and confidence to recognise, support, and reframe menopause as a catalyst for positive change in the workplace - benefiting individuals and the business as a whole.

Hormones at Work: Unlocking Performance

Harness hormone awareness to boost productivity, mental clarity, and workplace wellbeing.

Women's brains rewire up to three times in life, profoundly influencing focus, memory, and motivation. This session explores how natural and synthetic hormones, including the contraceptive pill and HRT, affect brain function, decision-making, and sustained performance. You'll discover how hormonal awareness can reduce burnout, improve energy management, and help you work in tune with your biology and help others to do the same.

Key takeaway:

Gain powerful insights into how hormonal changes impact performance, so you can take control, optimise your energy, and make confident, informed choices at work.

Hormones at Work: For Everyone

Demystifying hormones to enhance performance and connection at work

Hormones aren't just a women's health topic - they're fundamental to brain function, mood regulation, creativity, and resilience for everyone. In this groundbreaking session, you'll explore how hormonal changes impact mental clarity, focus, and teamwork in both women and men. You'll also gain practical tools to support yourself and others through life's natural transitions.

Key takeaway:

Learn how to spot and support hormonal shifts across your team to improve wellbeing, performance, and collaboration for all.

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CBT 101: Keeping Proportion Under Pressure at Work and Home

with John Binns

Key outcome:

Gain practical CBT tools to stay resilient, and keep perspective under pressure at work and home.

Although CBT has its roots as a therapeutic process to help those who have been affected badly by stress, it has become clear in more recent times that you don't have to be ill to benefit from its principles; they can help all of us to keep proportion when the pressure is on. That's why these days many top athletes, sports people and businesspeople use the principles of CBT to help them retain focus and resilience.

In this session, John will cover:

- CBT: it's history and key principles
- Why CBT principles can help all of us keep proportion when the pressure is on.
- Unhelpful core beliefs and how to spot them e.g. Imposter Syndrome
- Listening out for and countering disproportionate language in self and teams
- the concept of gradual exposure
- Understanding the common thought distortions we default to under pressure – disputing them and putting them in their proper place



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Building Psychological Safety

with Catherine De La Poer

Key outcome:

Learn why psychological safety is so important for you personally, your people, 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 your people 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 organisation's brighter future.

Gen Z represents the fastest-growing demographic within many large organisations, 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



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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.

Across most organisations today, there are four generations working side by side. In the 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.

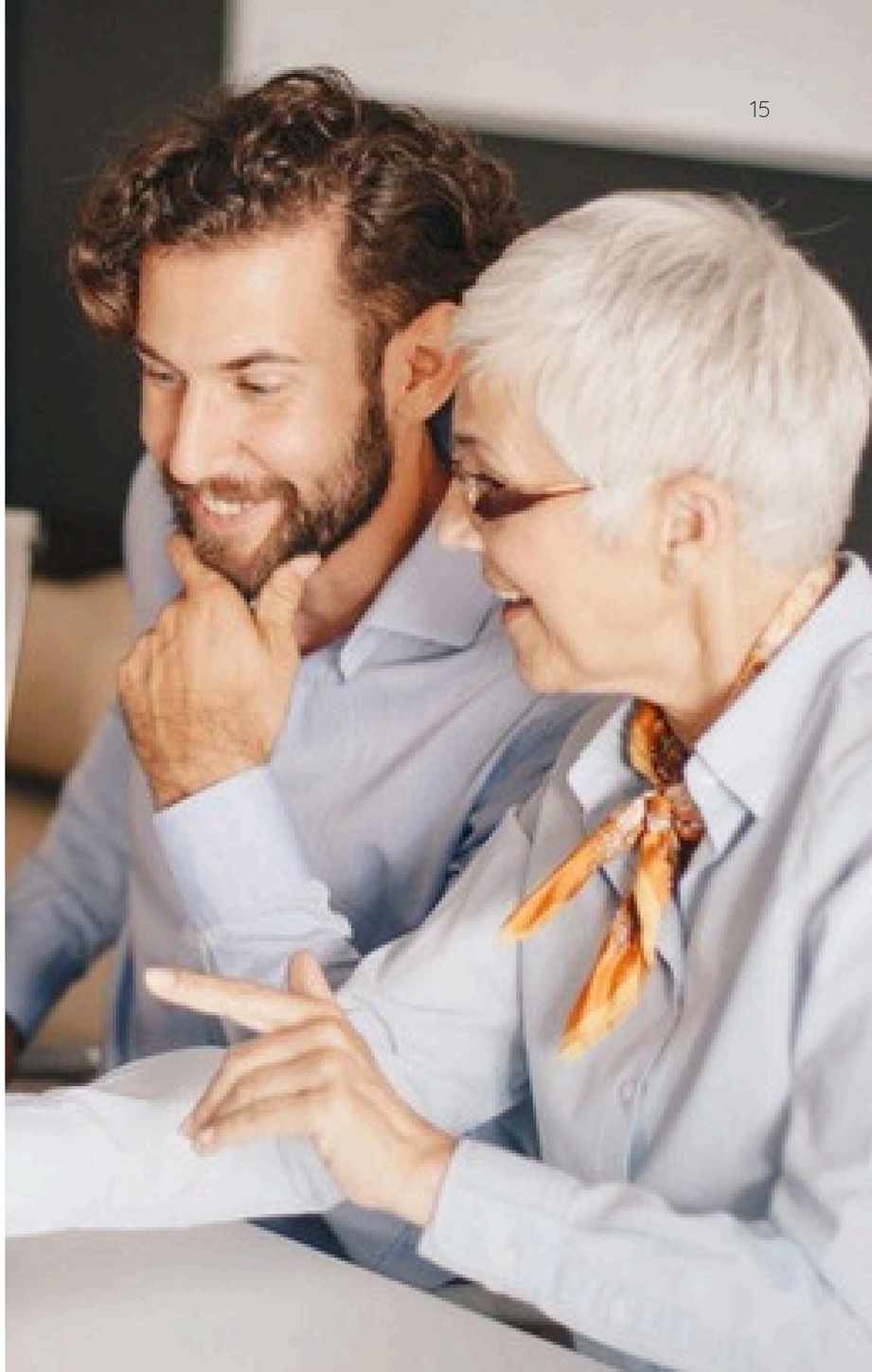
Each generation is very different and often there is a lack of understanding which can lead to challenge and conflict. Yet less than 8% of organisations do something to promote intergenerational harmony.

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

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

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.



Racial 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



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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 tahat 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.
- 4 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.



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Valuing Neurodivergent Minds: The Power of Difference

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.

Valuing Neurodivergent Minds is not just about awareness, it's about appreciation and acceptance. It is about appreciating different ways of thinking, problem-solving, and collaborating and creating environments where those differences can thrive.

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



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How To Be A Better Ally

with Helen May

Key outcome:

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

The landscape of diversity, equity and inclusion (DEI) in organisations is evolving. Rather than focusing on one identity group at a time, there's growing awareness that people often experience disadvantage in complex, intersecting ways, shaped by race, gender, disability, neurodiversity, sexuality, and more.

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's not a destination, it's 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 begin (or deepen) 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 under-represented 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



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Stress Less: How to Spot It Sooner and Feel Better Faster

with Mark Mulligan, Daryll Scott, or Sarah Bridges

Key outcome:

Discover how to nip stress in the bud, feel better faster, and build your personal toolkit for boosting mood, energy and wellbeing, even in high-pressure moments.

Work-related stress is alarmingly high. According to The Burnout Report 2025, **91% of UK adults experienced high or extreme levels of pressure or stress** at some point over the past year. The report highlights a critical gap in people's ability to recognise early stress symptoms and take timely action before things escalate.

This fun, practical and evidence-based session gives participants simple, science-backed strategies to manage stress as it arises and prevent it from taking hold.

You'll learn how stress shows up for you mentally, physically and emotionally, and discover six proven techniques that reverse-engineer the stress response. We'll coach you to find the ones that work best for you, so you can stress less and thrive more.



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Optimising Stress: For Yourself and Others

with Mark Mulligan

Key outcome:

Reframe how you think about stress, not as something to avoid, but something to optimise. This session helps you find your personal stress sweet spot and support others to do the same, using simple, science-backed techniques.

Stress isn't always the enemy. In the right amount, it fuels focus, growth and high performance. But too much, for too long, can impact both personal wellbeing and team performance. In this practical session, you'll learn how to spot early warning signs, reset in the moment, and build habits that help you and your team thrive under pressure.

You'll learn how to:

- Understand your stress response and recognise when it's tipping into overload
- Identify your optimal stress zone and how to stay in it
- Use quick, easy to use reset techniques to reverse engineer the stress response
- Create a personal action plan to manage pressure more effectively
- Support colleagues to optimise stress

By the end of the session, you'll feel more equipped, confident and in control, ready to manage your own stress and help build a culture of resilience and mutual support.



Digital Wellbeing Series

with Laura Willis

thriving in a connected world both online and off.

In today's 'always on' culture, digital habits shape our energy, focus, relationships, and resilience. This two-part series helps you build a healthier relationship with technology both at work and at home. Whether you're looking to boost performance, reclaim rest, or support your family, these sessions offer simple, science-backed strategies for creating digital harmony.



Digital Wellbeing:
For the Workplace

Protect your focus, energy, and wellbeing in an always-connected world. Digital distractions are one of the biggest drains on productivity and mental clarity. This practical session helps you and your team take control of your tech., protect your time, and create healthier digital habits that support performance and wellbeing.

Key takeaway:

Learn how to make small, powerful shifts in digital behaviour to improve balance, boost focus, and support a healthier working culture.

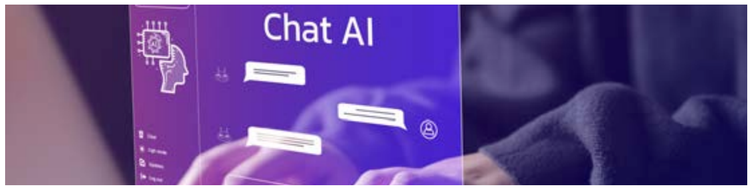


Digital Wellbeing:
For Home and Family

Reclaim rest, connection, and clarity at home and online. Digital overload is impacting our sleep, relationships, and ability to be present. This uplifting session gives you realistic ways to reset your own screen time, and support young people in building healthier habits. You'll learn how to navigate the modern digital world with confidence and care

Key takeaway:

Understand the forces shaping your digital life and learn how to create a calmer, more connected home environment for you and your family.



Digital Wellbeing:
AI at Work

Building focus, connection, and wellbeing in an AI-driven world. AI is transforming how we work by streamlining tasks, boosting productivity and reshaping team dynamics. But without mindful use, it can also lead to digital fatigue and overdependence. This session shares how to stay balanced, maximise new tools, and encourage responsible use.

Key takeaway:

Harness AI to support but not sabotage your performance and wellbeing at work.

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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 **F**ocus, manage your **A**ttention, **C**larify priorities, and boost your **E**nergy so you can **T**hrive 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.

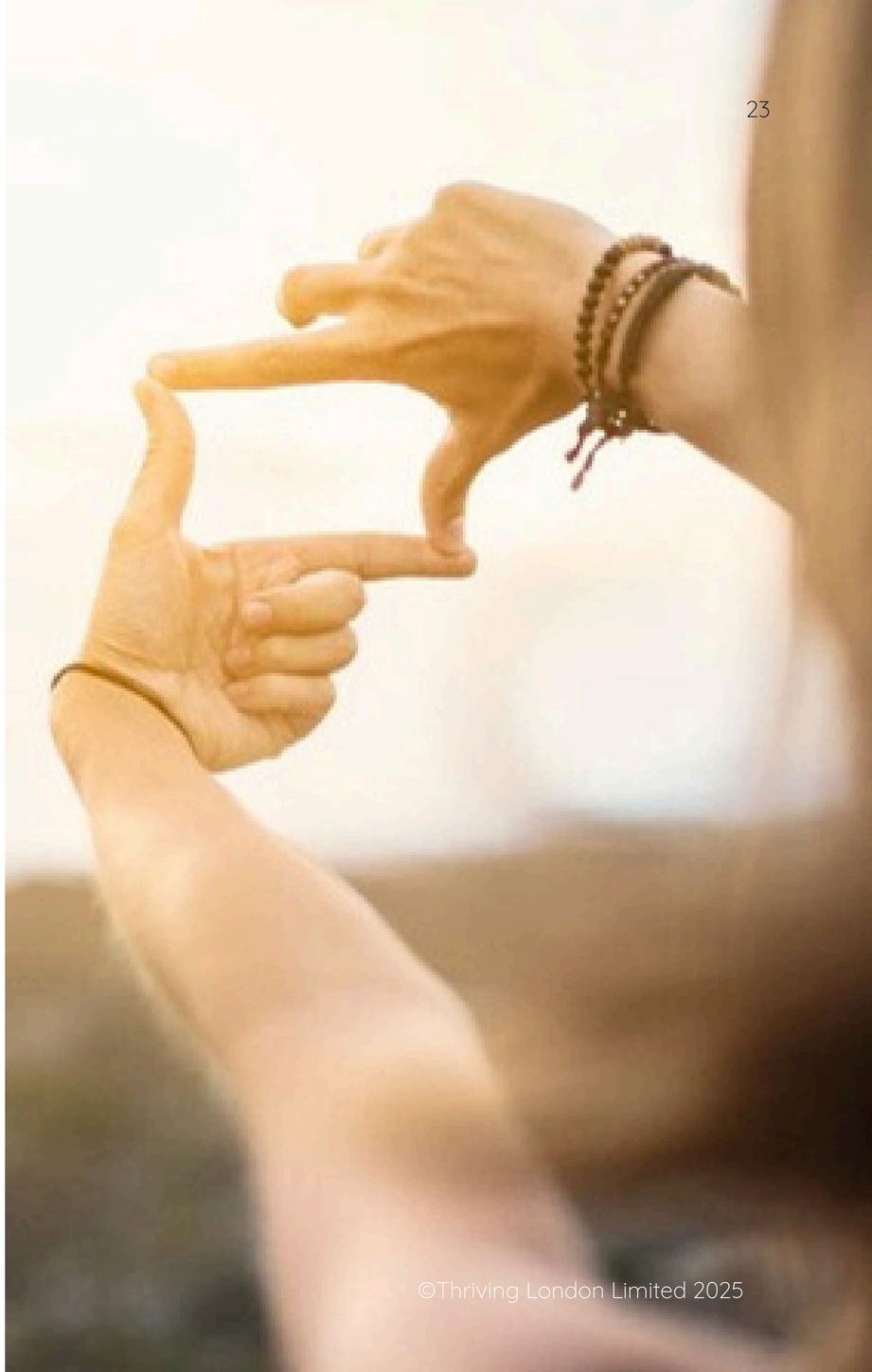
2. Attention
Explore effective strategies to manage distractions and interruptions, allowing you to maintain sustained focus and productivity.

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.



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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, wellbeing 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.



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Redefining Success: **thriving** at Work and in Life

with Mark Mulligan

Key outcome:

Design your own ambition plan and get the balance right so you can thrive both inside and outside work.

Ambition can be a powerful force. But when it becomes unbalanced, it can lead to stress, burnout and a narrow view of what success really means.

In this interactive and reflective session, you'll explore how to define success on your own terms, align your goals with your values, and thrive in the areas of life that matter most.

You'll leave with a practical ambition plan, backed by neuroscience, that supports sustainable performance and holistic success at work and beyond.

Mark says:"'Let's face it ... everybody wants to achieve something with their lives...but you don't want to sacrifice too much 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 thrive both inside and outside work



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Addiction Awareness and Recovery

with Steven McCann

Key outcome:

Create a workplace where no one suffers in silence. This powerful 60-minute session opens up the conversation around addiction and recovery in high-performing environments, helping participants challenge stigma, shift perspective, and feel confident supporting themselves and their colleagues.

This session will help you to:

- See addiction differently – as a health issue that can affect anyone, regardless of role or status
- Understand how silence and stigma drive harm, and how openness drives change
- Feel more confident supporting a colleague, whether you're a peer, a manager, or in HR
- Hear directly from someone who's been there, and discover what recovery can really look like
- Walk away with insights, language and follow-up resources to create a more human workplace

Who this session is for:

People leaders, Leadership and Development teams, HR teams, line managers, and all staff – particularly those who want to create workplaces where vulnerability is met with support, and no one is left to struggle alone.



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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.



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.



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.

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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.



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.



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.



Laura Willis

is one of the world's leading commentators on digital wellness and helps people to thrive by improving their 'digital harmony' both at work and at home.
In 2016, Inspired by her own journey through digital overwhelm to create a healthier relationship with technology, she launched the UK's first training consultancy dedicated to helping people improve their digital behaviours. She has trained thousands of employees from all over the world.

A graduate of Social Psychology and Sociology, she is an associate of the Mindful Business Charter, Mental Health First Aid trained, and a lived-experience speaker for MHFA England.



Steven McCann

Steven is the founder of MCG Consulting, a UK-based consultancy leading the conversation on addiction, recovery and workplace inclusion. After 18 years in the legal sector, he now supports organisations across law, finance, advertising. healthcare and other sectors.

His work has been featured by the Legal Services Board, the MindForward Alliance, the Law Society, and the Law Gazette. He sits on the Steering Committee for the Lord Mayor's Appeal's mental health initiative This is Me, alongside PwC, BlackRock, UBS, and the Bank of England.

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How our collaboration translates into numbers.

Investment

Below is an outline of costs per session for up to 100 people:

Service Provided	Cost
Delivery/Facilitation (virtual or in person)	£1,500
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.	£1,500
Recording **	£750
Production ***	£450

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 and final cost dependant on licencing requirement
*** Relevant for webinars

Experience ambition resources Investment



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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



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