



**Centre  
of Learning**  
Learn. Connect. Grow.

a part of **W** The **WiB** Group

# Personal Growth Training 2025

## Reflect and Reboot - Resilience Workshop



Partners:



# Reflect and Reboot - Resilience Workshop 2025



Take this unique opportunity to get away from the office to explore your life at work. Identify your strengths, align your goals to your values and work out how best to move forward.

This full day course uses tried and tested coaching techniques to help build confidence and resilience. We cover self awareness, imposter syndrome, self-care, overcoming workplace challenges and tackling difficult conversations and relationships.

**A 1 day in person programme, delivered by Sarah Travers - Bespoke Communications.**

At a glance:

- Looking through a different lens - introduction to resilience
- Building Resilience and getting used to feeling uncomfortable
- The Double Shift...
- Rust Out v Burn Out



What to expect from the WIB Reflect and Reboot - Resilience Workshop:

- 1 Day Resilience Workshop
- The opportunity to connect with likeminded women in a safe and interactive setting
- Key take away information and learning actions to implement after each session
- The chance to recharge your energy, refocus your attention and refill your morale to reduce anxiety and stress



Find out more: [centreforlearningni.com](https://centreforlearningni.com)

# Reflect and Reboot - Resilience Workshop 2025



## **Our Next In Person Intake Commences Wednesday 26th February 2025**

Wednesday 26th February - 10am-4.30pm

## **Upcoming Intakes: Commencing 28th May 2025**

Wednesday 28th May, 10am - 4.30pm

## **Commencing 19th November 2025**

Wednesday 19th November, 10am-4.30pm

## **Price:**

Programme Price - £375.00 (+VAT)

**Affiliate Discount Price - £300.00 (+VAT)**





# Reflect and Reboot - Resilience Workshop 2025



## **Sarah Travers - Bespoke Communications, Director**

Sarah is a former BBC news journalist and TV presenter, with a keen interest in stories and the people that shape them. Sarah has coached hundreds of people in media training, presentation skills and leadership development. Sarah will always be warm, engaging and encouraging in her training sessions, as she shares her wealth of knowledge with you.



# What others have to say

## Holly Milne

Dale Farm

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The programme provides a safe space to work through issues and identify areas of strength and support. Sarah is an exceptional person and facilitator, with a special gift to inspire, motivate and uplift people. I left feeling more confident in my ability, reassured and joyful!



## Joanne Ramsay

NIFRS

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Sarah created such a level of trust and confidence in the room that we were truly empowered to be our authentic selves and share our professional and personal challenges candidly... The best course I've attended for a long time.

## Janine Baldie

Mortgage IQ

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I was able to uncover and acknowledge things about my personality and habits that will make a massive difference to my personal and professional life!



# What makes our programmes different?



Tailored content which is **relevant to today's working world**



Programmes to **address the challenges and barriers** often faced by women



Insights and advice on best practice as well as key tools from **industry leading facilitators**



External training provides the **opportunity to connect and learn with like minded women** outside of your organisation



Engaging programmes with **practical tools which can be applied immediately** to support continued development



**Discounted rates** for Women in Business, CBI and Northern Ireland Chamber members.



Partners:





# Our customers

Since commencing in 2019, we have had the privilege of providing training support to over 4000 individuals and 200+ organisations from different sectors.

Learning from diverse individuals across industries offers delegates a safe space to discover themselves, break away from group-think, understand varied business landscapes and share unique perspectives for enhanced growth and learning.



Partners:



# Contact the team



Start your journey to learn, connect and grow today.



**Denise Black**  
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**Gina Black (maternity cover)**  
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Our partners:



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