



# THE EXPRESS COLLECTION: 1.5 HOUR FACILITATED WORKSHOPS

At VisionScope, we're about empowerment. We are a life coaching company passionate about helping individuals, teams and businesses become the best version of themselves and stay there. In response to the increasing pressures in the workplace, we've devised The Express Collection workshops to help boost businesses from the individual level up. These short, facilitated workshops may be run individually or together to create half and full day programs.

We invite you to join us in our belief that when harnessed, the collective strength of empowered individuals can change your business for the better.

## MINDFULNESS & MEDITATION

With rising pressures in competitive industries, stress is a reality of the work experience. Learning to harness the power of the moment is a time honoured technique allowing us to thrive in any environment.

### THIS SESSION INCLUDES:

- What is mindfulness?
- The Everyday Benefits of Mindfulness
- Practical techniques for daily stress reduction
- Body Awareness Meditation
- Tips on Continuing Your Mindfulness Practice

### BENEFITS:

- Increased productivity
- Greater focus at work
- Reduced stress

## HOLISTIC GOAL SETTING

When we have a clear understanding on what we want to achieve, it's easier to motivate ourselves to get there. In this workshop, we create a space for holistic goal development where the individual is nurtured, enthused and set up for success.

### THIS SESSION INCLUDES:

- Creation of Short and Long Term Goals
- Uncovering Individual Core Values
- Clarifying what holistic success look like
- Strategies to overcome obstacles
- Producing an action plan for immediate use

### BENEFITS:

- Greater individual and team alignment
- A road map to productivity
- Enhanced individual and team purpose

## MANAGING PERFECTIONISM

High standards can range from a perpetually tidy desk to a paralysing; anxiety-inducing inability to get things done. In this seminar, participants will be guided through the ins and outs of perfectionism, the traps to look out for and how to manage it.

### THIS SESSION INCLUDES:

- What perfectionism looks like today
- How to identify the triggers of perfectionism
- The link between procrastination and perfectionism
- Tools to help manage perfectionism

### BENEFITS:

- Reduced anxiety in the workplace
- Heightened self awareness
- Calmer, more productive team

## SELF KINDNESS & COMPASSION

Remembering to treasure and treat ourselves with kindness is paramount to the quality of our relationships, our success at work and our overall happiness.

### THIS SESSION INCLUDES:

- How to acknowledge emotions
- Change fatigue & hypervigilance
- Cultivating authenticity and balance
- Fostering a spirit of forgiveness
- Awareness of your sphere of influence

### BENEFITS:

- Reduced risk of burnout
- Greater team compassion
- Enhanced communication



## ABOUT YOUR FACILITATOR, TAMMI KIRKNESS

Tammi Kirkness is the Head Life Coach and founder of VisionScope Coaching. She is an international speaker and ex-corporate warrior with a business background in executive coaching, people management and human resources. Additionally, she has worked as a clinician with both adults and children internationally helping them to realise their full potential. Furthermore, Tammi is a qualified yoga teacher who studied under monks in India, an energetic healer and meditation instructor. She has delivered career coaching in South East Asia and brings her eclectic knowledge of self-development to her audiences and clients. Among her repertoire, Tammi has worked with Fortune 500 companies, middle eastern royalty, government bodies, direct selling companies and start-ups.

These sessions are aimed a group sizes of up to 20 participants. For more information and to book a session in for your team now, get in touch.

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