

ACHIEVING FOCUS AND CONTROL IN YOUR PERSONAL AND PROFESSIONAL LIFE

About the leaders:



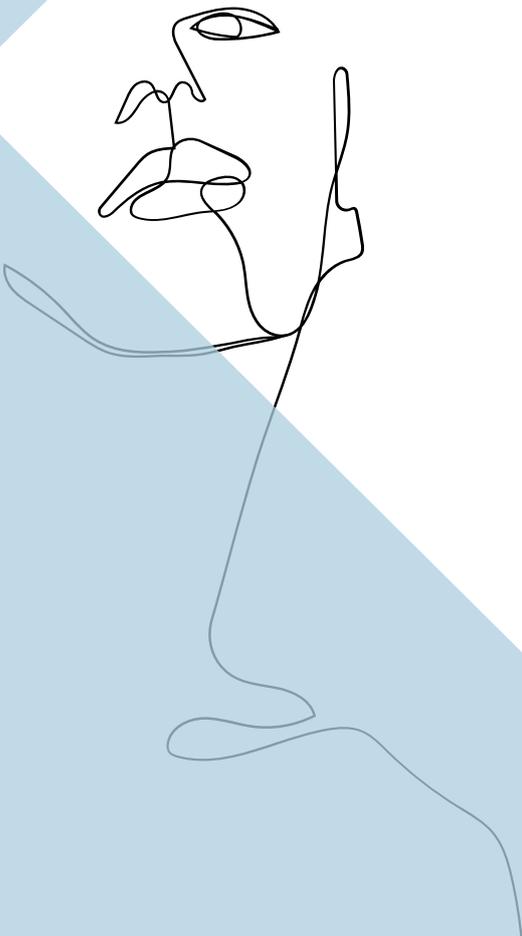
Uzma Mohamedali:

Uzma is a portfolio careerist. A Co-Active coach, change management and communications consultant. She has worked in several industries from professional services to financial services to energy and agribusiness, most recently working at an Executive Communications Lead at the pharma giant Roche. Uzma is passionate and empathic. She is based in Europe.



Lindsey Eynon:

Lindsey is a Co-Active coach and procurement consultant. Her background is in automotive procurement with BMW, across complex and varied category spend in both direct and indirect areas. She is experienced and dedicated to people development and mental strength. Lindsey is pragmatic and determined. She is based in Oxford in the UK.



WHAT YOU WILL LEARN

Experience the power of embodiment
Learn how to identify your inner critics
Create awareness of your destructive habits

ABOUT THE SESSION

Life is full of challenges.

Now more than ever, understanding resilience matters. It's impact on us as individuals, teams and organisational culture.

How can you be resilient when the road ahead is bumpy?

Our ability to adapt and recover in the face of adversity has always been relevant and yet the recent global events have amplified the need for this conversation. The pandemic has seen many struggle, and yet others have thrived. What can be learned and harnessed?

In this 90 minute experiential workshop we will explore what it means to be resilient, how we can reconnect to our whole selves and how we can observe and reframe our thinking. Participants will leave with a greater awareness, new perspectives and practical tools to boost their own resilience.

Lindsey and Uzma are a formidable combination, they bring 40 years combined corporate experience along with their professional coach training with the Co-Active Training Institute, widely recognised as the most rigorous coach training program.

Work with us

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