



**WANT YOUR TEAM TO BECOME MORE  
EFFICIENT AND EFFECTIVE?**

**WANT TO INCREASE YOUR TEAM'S  
INTERPERSONAL SKILLS?**

Our courses and qualifications are proven  
to make a real difference!



# WE HAVE JUST WHAT YOU NEED

Virtual | Online | Interactive

- Improve time management
- Improve communication
- Improve stress management
- Improve mental toughness and resilience
- Get interpersonal skills up to scratch

In our experience leaders and team members with the skills and knowledge to effectively manage and build their mental toughness understand their strengths, areas for development and become:

- More effective
- More engaged
- Greater stress control
- More cohesive
- Perform up to 25% better within the workplace!

## We Deliver:

- ILM Accredited qualifications
- Institute of Leadership Approved Training
- Coaching and Mentoring
- Workshops & webinars

**Call:07960 538089**

“

I'm looking forward to seeing the ongoing positive effects taking part in this course has on me, my colleagues and our workplace over the next few months.

Xplore Science Discovery Centre

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**For more information visit:**  
<https://empower-bethechange.org>

**Or get in touch:**  
[jo@empower-bethechange.org](mailto:jo@empower-bethechange.org)  
07960 538089

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