

OUR WORKSHOPS



HOW THEY WORK

Our workshops offer Inclusive Futures coaching in a bite-sized format

Currently delivered on Zoom, we've tailored each of our workshops to be highly interactive. We are such huge advocates of action-based learning, so our workshops always require a lot of interaction from our participants. This creates a better and more memorable learning experience for participants, helping them embed their learning quickly and effectively. Each workshop is 60-90 minutes long, depending on participant numbers.

[Check the calendar](#) to register and join our scheduled workshops - they're free for students or £15 for non-students.

We can also deliver any workshop exclusively for your organisation. Get in touch: hello@inclusivefutures.co.uk for our pricing and booking options.



MOTIVATION

For staff and students who want to increase their motivation and commitment to personal and shared goals

This workshop helps participants to identify why they feel motivated (or not!) We help them to find their spark and drive and give them tools they can use to their advantage to keep that spark lit.

In this workshop we cover:

- What is motivation and what does it mean for you?
- Should'ing all over yourself
- The power of choice
- Understanding what is important to you
- Values elicitation
- Reframing

Participants will leave our motivation session feeling inspired to achieve, with a clear understanding of what to do when they're lacking motivation and how to ignite it again.

CONFIDENCE

For staff and students looking to increase the confidence of themselves, and others around them

This workshop helps participants identify their confidence goals, and work through a number of exercises to help make them a reality after just one short session.

In this workshop we cover:

- What is confidence?
- Who is confident?
- Secondary gain
- Confidence quadrants
- Your strengths
- What is your confidence goal?
- Confidence tips

Participants will leave our confidence session feeling more capable and confident with a clear understanding of how to increase their confidence.



"There can be no learning without action, and no action without learning"



KINDNESS

For organisations and individuals looking to promote kindness and improve wellbeing and community

This workshop discusses the huge ways in which kindness positively impacts both working and personal lives. Kindness has been shown to reduce loneliness and depression and improve mental wellbeing. We believe it is key to reigniting our communities during and post-Covid.

In this workshop we cover:

- What is kindness?
- The science of kindness
- The discomfort of kindness
- Receiving kindness as an act of kindness
- The kindness Challenge

We work with participants to determine the ways that kindness builds connection and create a positive action plan to help embed kindness within their personal communities.

We are a not-for-profit Community Interest Company

All profits are reinvested into the organisation to provide further support, through coaching, to individuals who would otherwise not be able to access these services