



Wellbeing Skills for Work Training Series

LAURA HAMPSON
TRAINING | COACHING | MEDIATION



"I'm proud to present the 'Wellbeing Skills for Work Training Series', designed from the ground up based on my hands-on experience working with NHS and private healthcare providers. Trust me to equip you with relevant, professional skills that work in the real world."

Laura Hampson

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Anxiety Management

HALF-DAY
TRAINING

Gain a comprehensive understanding of anxiety and its impact on individuals in the workplace.



Learn effective techniques for managing anxiety that is having an impact at work.



Discover how to foster a supportive work environment for those experiencing anxiety.



Thrive under pressure. Learn to manage anxiety effectively for a healthier, happier workplace.



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Confidence

HALF-DAY
TRAINING

Understand the importance of confidence in personal and professional growth.



Learn practical techniques to boost self-confidence and self-esteem for yourself or others within a team.



Discover how to enhance communication and leadership skills by focussing on team confidence.



Believe in your capabilities. Elevate your medical practice through renewed self-confidence and assertiveness.



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Equality, Diversity & Inclusion

HALF-DAY
TRAINING

Gain a thorough understanding of equality, diversity, and inclusion and its place in the workplace.

BELONGING
INCLUSION
DIVERSITY
EQUITY

Understand the legal and ethical impact of EDI and discover strategies to promote a diverse and inclusive work environment.

Learn how to boost team morale, productivity, and innovation through diverse and inclusive practices.

Embrace diversity for better care.
Foster an inclusive environment where
everyone is valued.



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Imposter Syndrome

HALF-DAY
TRAINING

Learn to recognise signs of imposter syndrome, which is common among medical professionals.



Discover techniques to overcome self-doubt and enhance professional confidence for you and others.



Understand how an environment that mitigates imposter feelings also promotes teamwork and morale.



You earned your place here. Overcome imposter syndrome, embrace your achievements, and drive positive change.



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Mindfulness for Wellbeing

HALF-DAY
TRAINING

Understanding the role of mindfulness in promoting mental wellbeing.



Learn practical mindfulness techniques that can be applied in everyday life to enhance productivity, focus, and creativity.



Discover how to promote a work culture of mental health awareness and self-care.



Cultivate calm in chaos. Harness mindfulness to combat stress, prevent burnout, and focus on patient care.



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Menopause

HALF-DAY
TRAINING

Understand the changes associated with menopause and how they can impact performance at work.



Explore strategies for supporting colleagues with menopause and learn about the protections that exist for them.



Discover how to unleash the power of empathy in your team, particularly for those navigating menopause.



Understand menopause with confidence.
Learn what support works for better
well-being and performance.



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Neurodiversity

HALF-DAY
TRAINING

Understand the concept of neurodiversity and the consequences of this in the workplace.



Learn strategies to support neurodivergent colleagues effectively.



Discover how a better understanding of neurodiversity can improve team collaboration.



Celebrate all minds. Enhance team dynamics by understanding and supporting neurodiversity.

Booking information

I've designed a flexible suite of training options to fit your unique needs. Whether you're an individual seeking personal growth or a team aiming for a shared learning experience, I've got you covered. Opt for individual bookings and join one of my open sessions, immersing yourself in a diverse learning community. If you're looking to empower your entire team, consider my dedicated sessions. These can be customized to feature single, multiple, or the entire series of 'Wellbeing Skills for Work' topics. Embark on this transformative journey and experience the positive shift in your work environment.



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Open session availability:
www.hampsoncoaching.com

For group booking or any other enquiries:
info@hampsoncoaching.com



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