

1 HOUR HIGH-IMPACT WORKSHOPS



Overview

Small shifts can create a big impact at work and beyond. These engaging, hands-on workshops help your people thrive in the workplace, strengthen their professional effectiveness, and are some of my most popular courses.

Drawing on evidence-based research and real-world experience, these short sessions pack a punch. In just one hour, participants gain practical, actionable tools and insights they can put into practice straight away, creating immediate impact in their day-to-day work.

The courses include

Breaking the Perfectionism Trap
Busting Imposter Syndrome
Communicating with Confidence
Creating Trust and Psychological Safety
Developing a Growth Mindset
Growing Your Influence Through Networking
Having Courageous Conversations
Influencing with Impact

Playing to Your Strengths
Presenting with Impact
Preventing Burnout Before It Starts
Managing Your Energy for Success
Overcoming Self-Doubt at Work
Taking Control of Your Workload
Thriving Through Change and Uncertainty
Unlocking Confidence at Work

Details

- Up to 50 people per session
- Can be face-to-face or online
- Includes a planning meeting of up to 30 minutes to gain an overview of your business and the attendees
- Key takeaways: from every course, participants will leave with practical, actionable tips and tools

Feedback

"Great session with Robin Davies on perfectionism! Learned a lot about the impacts of having unrealistically high standards and tips on how to manage it."

Susan Verner, Global GM People & Culture, Allpress



Please contact me to discuss
running these workshops at work

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