ROBIN DAVIES

# 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
Building your Confidence and Presence
Busting Imposter Syndrome
Creating Trust and Psychological Safety
Developing Resilience at Work
Having Courageous Conversations
Influencing without Authority
Leveraging your Strengths
Managing your Energy at Work
Overcoming Self-Doubt at Work
Presenting with Impact
Setting Healthy Boundaries at Work
Taking Control of your Workload
Thriving through Change and Uncertainty

## 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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