



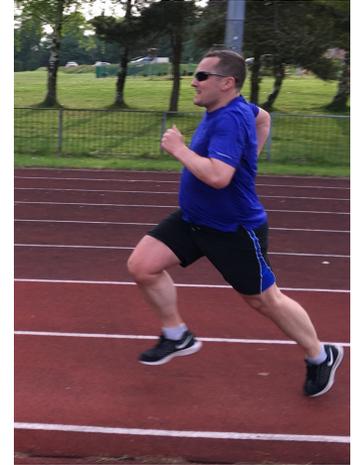
“Supporting individuals, workplaces and communities to increase confidence, resilience, wellbeing and happiness.”

Specialist training, speaking and coaching solutions for:
Mental Health | Wellbeing | Personal Development

optimise-learning.com

About Me ... Lee Morris

- 15 years of experience as a Learning & Development professional.
- Passionate about helping people reach their potential by:
 - increasing self confidence
 - minimising self-limiting beliefs (including imposter syndrome)
 - focusing on positive mindset
- Accredited Mental Health Instructor, Life Coach and Wellbeing Specialist.
- Flexible approach with blended options including programmes, workshops, lunch & learns, keynote talks and 121 coaching.



What I do ...

#1

YOU – on your own, your family,
friends and colleagues

#2

I sit in the middle, helping people be
more self aware and take actions to
increase their confidence, resilience,
wellbeing and happiness

#3

Therapists, Counsellors and Medical
Professionals



My Core Programme – ‘At Your BEST’



“Supporting individuals, workplaces and communities to increase confidence, resilience, wellbeing and happiness.”

The 3-pronged approach:

Personal Wellbeing

Becoming more self-aware around health, wellbeing and happiness

Core – Introductory group workshop using the ‘Wheel of Wellbeing Energies’ to recognise current wellbeing levels. Energies are: Physical, Mental, Emotional and Spirit.

Optional – 121 coaching session to identify goals and set ‘habits’. 3 sessions over 3 months.

Optional – Wearing a Heart Rate Monitor for 3-months to recognise stress, sleep and activity with a 121 coaching session from a Wellness Specialist.

Shifting Mindset,
Building Resilience

Making positive changes to think, feel and act differently

Core – 2nd group workshop focused on:

- ‘Playing To Win’ Mindset
- Minimising Self-Limiting Beliefs (including Imposter Syndrome)
- Increasing Confidence
- Building Personal Resilience

Includes lots of practical tips and techniques to take away.

Developing your ‘Key Skills’ Toolkit

Increasing your knowledge, skills and confidence in key areas

Core – 3rd group workshop to review progress, co-coach and introduce the ‘Key Skills’ Matrix.

Optional – Attend one or more of the following half-day workshops:

1. Increasing Emotional Intelligence (including MBTI personality test and review).
2. Presenting with EDGE.
3. Developing your Personal Brand.
4. Interview Skills.
5. Influencing Skills.
6. Having Challenging Conversations.
7. Mental Health Awareness.

My Core Programme – ‘At Your BEST’

“Supporting individuals, workplaces and communities to increase confidence, resilience, wellbeing and happiness.”

“I loved the mix of workshops, 121 coaching and wearing the heart rate monitor to measure my stress levels, sleep quality and physical activity. Lee is not afraid to challenge people to prompt a positive change, exactly what has happened to me!”

Business Owner experiencing a similar wellbeing and development programme facilitated by Lee.

Please Note: all components of the ‘At Your BEST’ programme are available as stand-alone courses.



Other Products & Services

Mental Health Training

Keynote Talking

1-2-1 Life, Wellbeing & Career Coaching

Personal Development Skills

Presenting with EDGE



Optimise... Mental Health Training

Mental Health
First Aid (MHFA)
(2 days)

Mental Health
Champion
(1 day)

Mental Health
Awareness
(½ day)

Bespoke
Manager
Training

CPD /
Supervision for
MHFAiders

Lunch & Learns
/ Keynote Talks



These are all available to be delivered internally within organisations. Please check next page for current 'open' courses.

“Just wanted to say thank you to Lee, and all of you for being a great group. Sharing all your life experiences with us. I really enjoyed the course.”

HR Manager and MHFA participant



OPTIMISE YOUR PEOPLE WITH ... MENTAL HEALTH FIRST AID

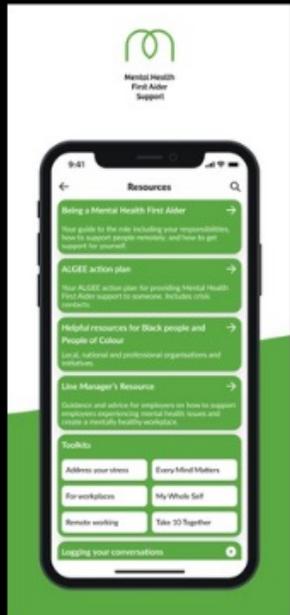
NEW 'OPEN' WORKSHOP DATE -
27TH AND 28TH OF MARCH - 9AM TO 5PM

LOCATION - HEXGREAVE HALL, FARNSFIELD, NOTTS
FREE PARKING & REFRESHMENTS



AS AN MHFAIDER® YOU WILL BE ABLE TO:

- RECOGNISE THOSE THAT MAY BE EXPERIENCING POOR MENTAL HEALTH AND PROVIDE THEM WITH FIRST-LEVEL SUPPORT AND EARLY INTERVENTION
- ENCOURAGE A PERSON TO IDENTIFY AND ACCESS SOURCES OF PROFESSIONAL HELP AND OTHER SUPPORTS
- PRACTISE ACTIVE LISTENING AND EMPATHY
- HAVE A CONVERSATION WITH IMPROVED MENTAL HEALTH LITERACY AROUND LANGUAGE AND STIGMA
- DISCUSS THE MHFAIDER® ROLE IN DEPTH, INCLUDING BOUNDARIES AND CONFIDENTIALITY
- PRACTISE SELF-CARE
- KNOW HOW TO USE THE MHFAIDER SUPPORT APP®
- KNOW HOW TO ACCESS A DEDICATED TEXT SERVICE PROVIDED BY SHOUT AND ONGOING LEARNING OPPORTUNITIES WITH MHFA ENGLAND



TO BOOK A PLACE CONTACT: LEE@OPTIMISE-LEARNING.COM



Please scan the QR Code for our most up to date events.

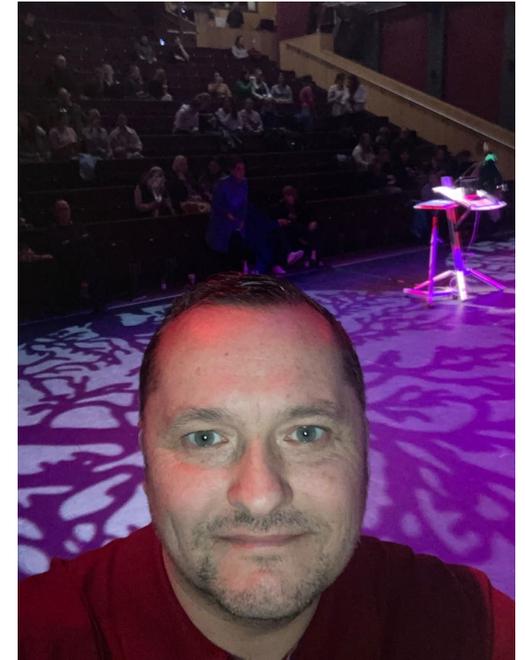
Optimise... **Keynote Talking**

A keynote talk for between 30 and 90 minutes using real-life anecdotes and lots of tips and techniques:

(Men's)
Mental
Health

Minimising
Imposter
Syndrome

Building
Personal
Resilience



“It was great to learn more about myself. So much resonated and I can't wait to try some of the tips and techniques. Thanks Lee (I especially enjoyed the story about your daughter's own limiting beliefs and how she overcame them).”

Graduate HR Assistant on a recent Imposter Syndrome Keynote Talk



Optimise... 1-2-1 Life, Wellbeing & Career Coaching

Virtual or Face-to-Face

Life, Wellbeing, Career and Confidence

Qualified and experienced Coach

Personality Profiling

Includes resources, tools and models

Between 1 and 6 sessions of 90 minutes

“Lee, I just wanted to let you know that the interview was today and I have been successful. I haven’t had detailed feedback yet, but I know enough to know that all the panel were impressed. I absolutely couldn’t have done it without the support I had from you.....and I’ll need a whole lot more going forward!

Senior Leader in NHS and coachee

Optimise... Personal Development Skills

Talks, Workshops or Programmes on:

Emotional
Intelligence

Challenging
Conversations

Influencing
Others

Personal
Brand

Coaching
Skills

Interview
Skills

Presentation
Skills

“A really great session, Lee you’re a brilliant communicator and really engage well. I thought coming into the session that I knew myself pretty well but I’m so glad to have a book full of notes and actions to carry forward to help support my leadership goals. Thank you!”

NHS Manager on a recent Personal Development Programme



Optimise... Presenting with EDGE

For anyone who wants to develop their public speaking/ presentation skills

Increases knowledge and confidence

Tips and techniques from an experienced presenter

Virtual and face-to-face.
Talks, workshops and programmes available

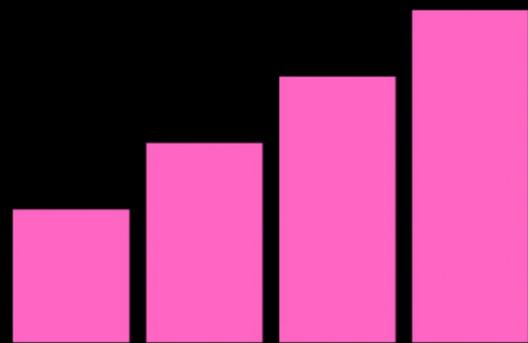


“If you want to be the best, you learn from the best. Couldn’t recommend Lee and the Presenting with EDGE workshop enough. I went from a quivering wreck to presenting to 100 people.”

Local Authority Manager and participant on Presenting with EDGE workshop



I'd love to arrange a catch-up to find out more about your requirements.



OPTIMISE
LEARNING

Mental Health Training
Employee Wellbeing
Personal Development

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