



Quiet the **Hive**

Courageous · Inspired · Joyful · Confident · Curious

Awakening Women's Lives Programme

QUIET THE HIVE

"The AWL program was the key to unlocking my understanding of my own value and what I could achieve in life."



BACKGROUND

About the Awakening Women's Lives (AWL) Programme

The Quiet the Hive flagship programme is designed to help women identify a life and career that they want, and arm them with the toolkit and confidence to go and get it.

Based on the idea of peer mentorship, AWL goes beyond the initial investment of a six month programme to become a resource and support that could last for life.



WHAT IS AWL?

The Awakening Women's Lives Programme (AWL) is designed for women who really want to lead their life with intention and purpose.

A peer mentoring programme, run over six months and facilitated by Jane Galloway, AWL is designed to get results for the women who attend.

Covering topics like inner critic, accessing your inner mentor, making brave choices

and beating procrastination, each module is accompanied by a half day session, a home mission and a mid-month motivator; keeping you motivated and learning between each session.

The unique aspect of AWL is that the investment can last a lifetime, giving you a tribe of women who will challenge, support and cheerlead you to success; whatever that looks like for you.

"I have the privilege of saying I'm part of the AWL alumni. This amazing group of women has been everything you could wish for in a support network. They have encouraged, inspired and believed in me, and this has affected every decision I've made since joining the group. Signing up with Jane Galloway and AWL has been the best thing I've ever done. I cannot recommend it highly enough".

Kelly, Communications Professional, NHS



AWL ETHOS

At Quiet the Hive, we believe that tribe is important. We see tribe as being the group of people around you who champion, challenge, support and encourage you to step out of your comfort zone, grow and develop.

In AWL you will be guided through six sessions of facilitated peer mentoring, designed to set you up to develop and work with a strong, supportive network of women that could last a lifetime.

The facilitated sessions are designed to get you to a place where you are clear about what's important to you, where you want to get to, and how you will get there.

IS IT FOR ME?

If you want to lead your life from the front, then this is for you. AWL isn't about how to be a senior leader in an organisation, but rather about ensuring you taking charge of your own life (and if that includes a career, then it works for that too!).

As women, we are so good at championing and supporting others, but not so good at doing it for ourselves. AWL gives you a group of ready made allies who'll 'have your back', challenging you to grow and achieve.

What's Involved

Applications open just a couple of times a year for the Awakening Women's Lives Programme. Places are limited in each cohort to ensure a personalised, bespoke service and the ability to really get to know each other to build the peer mentoring element.

Book your place on the next cohort:
www.quietthehive.com/courses/AWL



THE COMMITMENT

What's my commitment?

- Attending all six facilitated sessions (3 hours per session and currently run online)
- Committing to doing the work (some thinking, some actions) in and between sessions - a time commitment of around three-five hours per month
- Supporting, challenging and championing your fellow AWLs

What do I get in return?

- The chance to increase your confidence, clarity and drive
- A supportive and challenging network who will champion you and have your back
- Six, facilitated, three-hour sessions designed to support and develop you, using exercises designed to get the best outcomes for you and support your goals (currently run online)
- Six Home Missions and six Mid-Month Motivators sent to you between sessions to keep you focussed and growing
- The opportunity to build your resilience and help others build theirs
- Be a part of a bespoke network of amazing women for as long as you want to be – this is a one off investment for a potential lifetime impact

THE PROGRAMME

Module One: Introductions, setting intentions and building bonds - get to know each other, explore what your hopes for the programme and introducing key tools and techniques to drive success.

Module Two: Goal Setting - in this session we build on the previous module to understand more about purpose and where you want to be.

Module Three: Managing your inner critic - getting to know your inner critic and how to manage her

Module Four: Introducing your inner mentor - a pivotal session designed to unlock access to your own inner wisdom

Module Five: Barriers to success - what gets in our way and how to move past it. Reconnecting with your aims and preparing for next steps

Module Six: Moving Forward with Confidence - in our final session we pull everything together and get you ready to take your next steps.

Supported by:

Home Missions - a task sent to you after each session to do ahead of the next module

Mid-Month Motivators - a task sent to you between sessions to help keep you on track and moving forward

The investment is for this six month programme is just £1875 that can be paid in one instalment, or broken down into four equal installments of £474 (which includes a small administration fee).

So what?

The AWL Programme gets results. Previous participants have reported a range of benefits and outcomes. These range from career development including promotions, to positive impacts on home life, to starting new businesses and social enterprises.



OUTCOMES

Reported outcomes for alumni members have included:

- Increased clarity of purpose and ambition
- Increased satisfaction with work and home life
- Increased resilience
- Increased confidence
- Increased support through the group
- The opportunity to 'pay it forward' by developing an understanding of the importance of sponsoring other women and supporting their development and growth
- Career promotions
- Having brave conversations at work
- Negotiating flexible working arrangements
- Pitching for and winning business proposals
- Writing a book and successfully pitching it
- Winning awards
- Leaving stagnant careers (and relationships)
- Launching new businesses
- And even a marriage proposal!

When asked, delegates have reported that the total value of the programme is worth up to £10,000 in terms of the promotions gained, business secured and new ventures started.

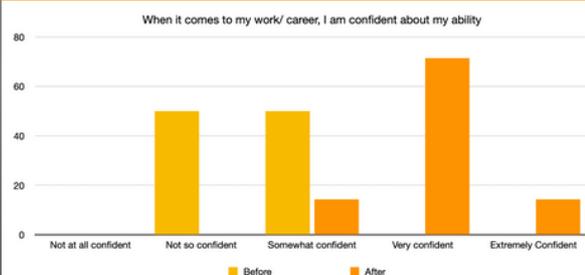
Quiet the Hive has a net promoter score of 100*

*(71 is industry standard in Education & Training, 2020)

THE RESULTS

Confidence in ability at work/ in career:
Pre-programme: 0% reported being 'very or extremely confident'

Post-programme: 84% reported being 'very or extremely confident'



Resilience:

Pre-programme: 58% reported being 'usually or always' resilient

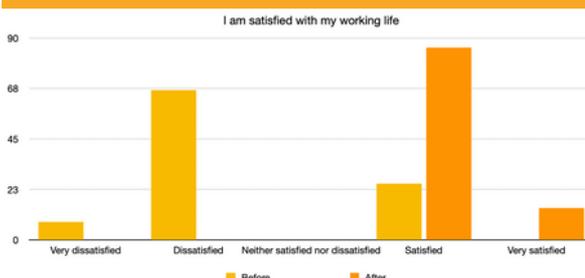
Post-programme: 100% reported being 'usually or always' resilient



Satisfaction with Work Life:

Pre-programme: 25% reported being 'satisfied or very satisfied'

Post-programme: 100% reported being 'satisfied or very satisfied'



Support:

Pre-programme: 42% reported 'often or always' having support

Post-programme: 100% reported 'often or always' having support

TESTIMONIALS

Don't just take it from me

Awakening Women's Lives has been described as 'life changing' by its participants, enabling them to embrace change, make brave choices, secure new business, go for the promotion or launch their own business. But don't just take it from me, hear from the women for whom this journey has made such a difference.



IN THEIR WORDS...

"Since joining the AWL group with Jane I've learned so much about myself and gained courage in making brave choices.

With a busy life juggling work and home demands I often struggled to find the time and space to think and reflect. This was a great opportunity to refocus on my core values, help me recognise what brings me energy and what my strengths and challenges are.

As a woman in leadership and a working parent and carer, I've gained skills to help me tame my inner critic, and manage my imposter syndrome. Since joining AWL I have negotiated a flexible working contract to give me more balance in life. Along with all this I've gained a tribe of the most amazing, inspirational women!"

Irene, Manager, NHS

"Quiet the Hive has had quite the profound impact on how I think about myself and my strengths and weaknesses and how I approach running my own business."

Gemma, Award-Winning Professional Photographer

"The AWL programme was the key to unlocking my understanding of my own value and what I could achieve in life.

Since the program in 2019 I have written my first book, started my own small business, won a significant volume of work, proposed to my partner, and have been recognised as part of the #ialso100 most inspiring female entrepreneurs for 2021. I don't believe that any of this would have been possible without the AWL program and the tribe of women I met through the program.

The AWL program is the best investment I have ever made in myself - it has been a life changing experience that I would recommend to anyone. I would estimate that 1 year on, the investment I made in the program has repaid itself 10 - 15 times over in business I have secured. That's not the true value for me though, the confidence and value I have gained in myself is the really big win."

Jo, Founder, Infinite Pathways

"It is hard to put into words what AWL means to me and the difference it has made in my life. The women in AWL are my support, my encouragement, my inspiration, they have given me courage to make bold decisions and have difficult conversations, they have coached me through interview preparation (even sending words of encouragement and reminders of the power pose just before entering the interview!), supported me to stand up for what is right, they are my cheer leaders, my critics, my coach, my confidants and my first port of call when I need a boost and have become my friends."

Louisa, Director, NHS

WHO IS QUIET THE HIVE?

About Jane Galloway and Quiet the Hive

Quiet the Hive was founded in 2019 by Jane Galloway, a coach and facilitator with a special interest in supporting women to make brave choices, step into their space and live the life they want.

Working in person in the UK and online across the world, Quiet the Hive helps women identify the lives and careers they want, and arms them with the toolkit and the confidence to go out and get it.



JANE GALLOWAY

Through Quiet the Hive, Jane supports women to identify the life and career they want and then arms them with the toolkit and confidence to go and get it. As a coach and facilitator, she empowers women to lead authentically in all aspects of their life, and encourages them to shift outside of their comfort zone to grow through making brave choices. Her impact is seen through her demonstrable positive impact for clients on their confidence, resilience and clarity.

Quiet the Hive was born through a desire to do more to share the skills, confidence and wisdom that Jane has developed and used to work through her own Imposter Syndrome.

Jane's flagship programme, Awakening Women's Lives, is designed to empower women to lead the authentic and brave lives they want to.

Jane has been recognised as an f:entrepreneur #ialso100 (celebrating inspiring businesses run by women in the UK) and as part of the Small Business Saturday 100 (the top 100 small businesses in Britain). She is also one third of the AWESome Women team bringing immersive masterclasses to women kickstarting their own business.

Jane is a keen runner, a lover of costume jewellery and would always rather be by the sea. She is a Mum to two boys and lives near a wood in Surrey.

PRAISE FOR JANE AND QUIET THE HIVE

"Jane truly is an inspiring person. Her passion and drive to develop herself and those around her shines through in everything she does. I am lucky enough to be part of the first Quiet The Hive cohort. A new and exciting space, conceived and developed by Jane, allowing a unique (dare I say magical) environment to be created by and for professional women. She pulled together a seemingly random bunch of people and with a sprinkling of her unique coaching, coaxing and supportive powers helped form something special and life-long. It is a pleasure to recommend Jane and I'm confident that a little bit of Jane Galloway will only create better things for those who are wise enough to work with her."

Eleanor Clarke, National Co-Director (South) Rainbows GB



"I have worked with Jane on a number of occasions and she has been a great support to both my team and I. She is a thoughtful, creative and inspiring coach, and an engaging facilitator. If you want to focus on your own development or to support the development of your team then Jane is your woman. I highly recommend her!"

Carrie-Ann Wade, Founder & Chief Collaborator, Cat's Pajamas Communications & NHS Communications Director