



Quiet the Hive
Courageous · Inspired · Joyful · Confident · Curious

QUIET THE HIVE

AWAKEN YOUR LIFE

Have you spent so long prioritising other peoples' dreams that you've forgotten what your own are?

Are you ready to put yourself at the top of your to-do list, guilt-free and focussed?

Would you like to develop a bespoke blueprint to move you towards a life you love, lived with purpose and intention?

You need AWL: Awakening Women's Lives



I'm Jane and I'll be your guide for these six months of discovery, helping you to identify a life you love and arm you with the toolkit and confidence to go get it.



I help women play bigger, make brave choices and step into their potential so that they can live a life they love with a sense of purpose and fulfillment.

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

WHAT IS AWL?

AWL is a six month, online programme for women who are ready to invest in themselves and their lives. It is a programme of discovery and reconnection, helping women to craft a life they love, guilt free and on their own terms.

It's Awakening Women's Lives.
It works.

WHO IS IT FOR?



AWL is for women who are awakening to the fact that they have spent so long putting everyone else first, that they have forgotten about their own dreams, passions and ambitions.

It is for women who want to get clear on what they want from their "one wild and precious life".

It is for women who want to explore what matters to them, and create a blueprint to ensure that features in their lives, without guilt.

It is for women who live with the inner critic and who want to begin to imagine who they could be without it.

It's for women who want to take this journey with the wisdom, encouragement and support of other women on the same path of discovery.

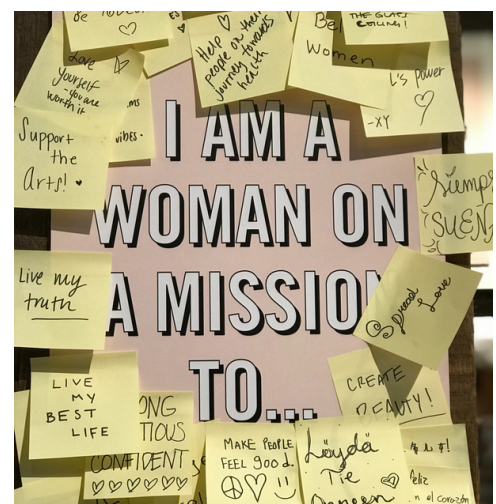
It's for women who want to awaken their lives.
It's for you.

TESTIMONIAL

Rachel, Senior NHS Manager

"This was a complete game changer for me. Jane is truly inspirational and with some gentle nudges, she's moved me from thinking about what and where I could be, to actually taking the steps to get there.

I'm rediscovering me and I love it!"



WHY SHOULD I BE PART OF AWL

SOUND FAMILIAR?

Do you feel guilty when you think of putting yourself first, of doing something for you?

Are you realising that you've spent so long putting everyone else first that you've put your own dreams on the back burner?

Do you long to get to grips with what you want from life?
What your purpose is?

Do you watch other women's lives unfolding on instagram on their own terms and think 'why don't I have that'?
Do you feel you could be braver, if only you had the right support?

Are you held back by your inner critic?
Are you constantly on the bottom of your own to-do list?

Friend, you are not alone.

WELL, YOU SEE—I FELT THE SAME WAY.

When you are part of AWL you are getting access to tried and tested tools, techniques and strategies that I know work. How do I know? Because I tested them all out myself, and when I couldn't find something that worked, I created it.

I want you to have access to exactly what you need to work out where you are now, where you want to be, and how to get there. Let me help you create a blueprint to a life you love with a sense of purpose and fulfilment.

WHAT DO WE COVER?

- 01 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
- 02 Goal Setting - in this session we build on the previous module to understand more about purpose and where you want to be
- 03 Managing your inner critic - getting to know your inner critic and how to manage her
- 04 Introducing your inner mentor - a pivotal session designed to unlock access to your own inner wisdom
- 05 Barriers to success - what gets in our way and how to move past it. Reconnecting with your aims and preparing for next steps
- 06 Moving Forward with Confidence - in our final session we pull everything together and get you ready to take your next steps



WHAT DO YOU NEED TO KNOW?

What's my commitment?

- Attending 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
- An understanding of where you are now, where you want to be and a self-defined blueprint to get you there
- 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
- Six Home Missions and six Mid-Month Motivators sent to you between sessions to keep you focussed and growing
- Access to me and the group via dedicated WhatsApp group
- The opportunity to build your resilience and help others build theirs
- Be a part of a bespoke network of amazing women leaders for as long as you want to be – this is a one off investment for a potential lifetime impact



WHAT'S THE INVESTMENT?

I know that investing in yourself is hard. It requires time, money and commitment and often a big dose of bravery, but if you put invest in all these ways, you will reap the rewards.

Delegates have reported that the total value of the programme is worth as much as £10,000 in terms of the promotions gained, business secured and new ventures started. They also describe it as 'life-changing' which is worth SO much more. The question is, can you afford to keep putting yourself at the bottom of your to-do list?

Securing your place on this life-changing six month programme is an investment of












£1875*

This includes six monthly, live and interactive sessions, six home missions and six mid-month motivators designed to keep you on track between sessions, access to Jane and the other women on the programme through an exclusive WhatsApp channel, the potential to reshape your life in a totally transformative way, tools you can use for a lifetime, oh! and a totally kick-ass welcome box!

*Payment plans are available as four instalments of £474 which includes a small administration fee

SO WHAT? WHAT'S THE IMPACT?

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.

-  Increased clarity of purpose and aspirations for life
-  Increased resilience and a sense of support through the group
-  Increased confidence and satisfaction with work and home life
-  Career promotions and launching new businesses
-  Being part of a tribe that sponsors each other and supports each others development and growth
-  Negotiating flexible working arrangements and having other brave conversations at work
-  Writing and publishing a book
-  Entering and winning awards
-  Pitching for and winning new business
-  Leaving stagnant careers (and relationships)
-  And even a marriage proposal!

CLIENT TESTIMONIALS

Jo, Entrepreneur & Author



"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."

Gemma, Award-Winning Photographer



"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."

Louisa, NHS Director



"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... 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."

FAQS

HOW DO THE SESSIONS WORK?

Before the programme starts, you'll be sent diary invites, via the email address you signed up with, with a zoom link. It's a good idea to test the link works for you and that you can access zoom ahead of the sessions.

WHAT IF I CAN'T MAKE A SESSION?

I would strongly suggest that you do your best to attend all sessions. However, I also know that life does weird things! If you have to miss a session, it'll be recorded and you and I will make time to catch you up.

HOW WILL I RECEIVE THE MID-MONTH MOTIVATORS AND HOME MISSIONS?

I'll be sending these to you by email, using the email you signed up with, between the sessions.

WHAT ARE THE PROGRAMME DATES?

For the next cohort sessions will take place from 10am-1pm on the following dates (all Fridays):

Feb 24th, March 24th, April 21st, May 12th, June 16th and July 14th

WHAT IF I GET STUCK OR FALL BEHIND?

Don't worry! I've got you. The other women on AWL and myself are here to help. You can always drop into the WhatsApp group (your first port of call), or reach out to me for help.

I'VE HEARD YOUR WELCOME BOXES ARE EPIC, IS THERE ONE THIS TIME?

Oh heck yes!

THE QUIET THE HIVE ETHOS



I believe that tribe is important; 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.

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.

ABOUT ME

Jane Galloway, Founder & Director Quiet the Hive

Jane supports women to identify the life they want and then arms them with the toolkit and confidence to go and get it. Through her work 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 results for clients on their confidence, resilience and clarity.

Jane was recognised as an *Entrepreneur* #also100 for 2020 (celebrating inspiring female business leaders) and Quiet the Hive was chosen as part of the Small Biz Saturday 100 (highlighting 100 brilliant small businesses in Britain).

Jane is a runner, a lover of costume jewellery, thinks that chocolate and peanut butter absolutely go together and would always rather be by the sea. She is a Mum to two boys in lives near a wood in Surrey. Nothing makes her light up more than seeing other women shine.

Did you know that Quiet the Hive has a net promoter score of 100*?

*71 is industry standard in education & training (2020)

I know this programme works. I have the testimonials to prove it. The programme has been described as 'life-changing' over and over again.

My promise to you is that I would never give you an exercise or toolkit to try out without having tested it first. This stuff works. And I should know...

I have used all these tools to turn my own life around, identifying and following my dreams and passions, making brave choices and moving past the guilt I felt in putting my own needs front and centre.

I can't wait to help you do the same.

Jane x

