



# QUIET THE HIVE - THE WORKSHOPS

Outlined here are some of the topics that Quiet the Hive has previously run workshops or masterclasses on. These can be enhanced to include your bespoke topic requirements and are not exhaustive. I'd love to chat with you to understand what your needs are and how I can meet them.



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



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# Living with your Inner Critic

What is the inner critic? Why do we have it? How do we know she's there? And most importantly, how can we learn to live with her?

In this acclaimed and popular masterclass you will learn the answers to all of these questions enabling you to leave armed with a set of tools to help you recognise your inner critic, spot the stories she tells you and know how to quieten her voice to enable you to play bigger.

## Beating Procrastination

Would you rather be organising your sock drawer than get on with that critical piece of work? Do you find yourself overcome with a desire to colour code your bookshelf when faced with a deadline? Do you ever scroll when you should be on a roll? This masterclass is for you.

Learn about the four separate categories of procrastination according to Quiet the Hive, and learn three techniques to move forward from each. This class leaves you with an understanding of why we procrastinate, how it can become a habit, and how to move past it.



## Bringing the YOU to your work

Being two different people is exhausting, so why do we sometimes feel like we need to be a different person at work than we are in the rest of our life?

Explore the importance of bringing your whole self to work, including how to identify and align with your values and goals, the importance of quarterly personal reviews to stay on track and coming out of hiding to play bigger in your work place.



# Making Brave Choices

It's a riff on a classic question, but it's a great one - what would you do EVEN IF you might fail?

For anyone who's wished they were a little bolder, braver or more adventurous in their life (whatever that looks like for you), this masterclass explores what gets in the way of stepping out of our comfort zone, how you can get comfortable with being uncomfortable, and gives you time to explore what steps you are going to take towards releasing your inner bravery.

# Finding Your Energy

How would it feel to approach your life and your work from a place of energy?

This workshop helps you to uncover where you get your energy and when you lose it, how knowing your own rhythms can help you to find the best ways to tap into your energy and encourage you to plot your own blueprint to unlocking your energy.

Leave this workshop with tools and techniques that you can continue to use moving forward to make sure you are setting yourself up to work and live from a place from high energy.



# Tapping into your Inner Mentor

You've heard of the inner critic, but what about the inner mentor? In this live visioning and journaling experience workshop, we introduce the concept of the inner mentor, meet her, and tap into the wisdom she has to impart.

This workshop is a fantastic addition or follow on to the popular inner critic masterclass.



# The Retrospective

Too often we put pressure on ourselves to come up with New Years Resolutions and good intentions without really reflecting on what has worked well for us in the past, what we've appreciated and what we want to leave behind.

This short, focussed live journalling workshop helps you set the tone to get to a place where you have clear goals and intentions for your year ahead, based on what REALLY matters to you.

## Finding Your Voice as a New Leader: developing confidence and self esteem

In this workshop you are invited to explore how knowing your values, strengths and purpose can help you connect with your new role as a leader, and how to find out what they are.

We look at how we might inadvertently downplay the importance of our voices, and what strategies you can try to find a way to get your voice in the room with confidence.



## Resilience as a Leader

Exploring resilience at work has become a hot topic with even more of a focus during the global pandemic. However, too often, there is an association between resilience and being bullet proof, suggesting a 'failure' if we are not 'resilient enough'

This workshop does not hold all the answers, nor does it claim to have a magic solution to finding and keeping resilience, but it helps you consider the reasons why it's important, and how you can start to frame your own approach to it. We will explore personal resilience, team resilience and resilience as a leader, and encourage conversation around each area.