



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

Career Confidence: unlock and release your potential at work

Are you constantly doing battle with the little voice in your head that tells you that you don't deserve this role, a promotion or a pay rise?

Are you trying to find your leadership groove?

Do you consistently fail to advocate for yourself at work?

Do you struggle to get your voice in the room?

Are you your own worst enemy when it comes to procrastination?

Do you know you have potential, but you just aren't sure how to release it?

Friend, you're in the right place!



I'm Jane and I'll be your guide for this short, sharp bite-sized career confidence programme. By the end you'll have the tools at your disposal to truly feel unstoppable.

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.

The Career Confidence programme is an eight-part career masterclass designed to unlock and harness your potential to play bigger at work and in your career

WHAT IS THE CAREER CONFIDENCE PROGRAMME?

Imagine a day when you look forward to starting your working day, knowing you feel aligned with your work, have the confidence to speak up and share your ideas. You are comfortable at putting across your priorities, and creating boundaries and saying no when you need to. Imagine being able to advocate for yourself and know that when doubt begins to trip you up, you have a toolkit at hand to remind you why you deserve to be there. Imagine confidently talking about your achievements and celebrating yourself. Imagine having career confidence.

The Career Confidence programme is an eight part series designed to tackle all the issues that trip us up at work and get in the way of us harnessing our potential. A mix of taught sessions and live Q&As will help you to explore what's holding you back, and gain tips and tricks you can try to move past each blocker.

WHO IS IT FOR?

The Career Confidence Programme is for all women who feel stuck at work, who know that they have potential, but don't know how to confidently tap into it.

You might be in, or ready for, a leadership role but need a little more self-belief to enable you to fly. You may be looking to take a step up or new direction, but self-doubt is holding you back. Or, for you, it might be about making the most of the role you're in.

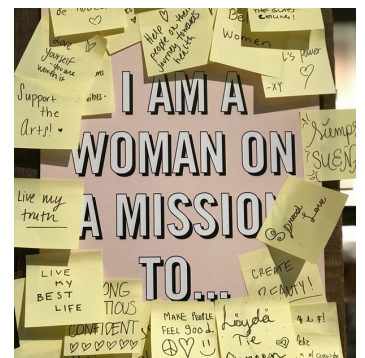
You know, deep down, you are capable of totally rocking your role, but that little voice inside can hold you back from unlocking and reaching your potential.



CLIENT TESTIMONIAL

"This course has helped me to pinpoint where I have been holding my skills back due to losing my confidence. It has helped me reflect on my communication and behaviour and see how I can make small changes that impact how I come across to others. The biggest takeaway has been that I now value who I am, my skills, my experience and what I have to offer."

Josie, Pastoral Care Manager (Education sector) Certified Coach and Hypnotherapist



WHAT DO WE COVER?

Moving past imposter syndrome and the inner critic: Learn about what imposter syndrome is, and how understanding more about your inner critic can help you to manage it

Communicating with Confidence: Shift from struggling to get your voice in the room, to communicating with confidence

Creating, setting and keeping your boundaries: Learn about the importance of creating and keeping boundaries, and moving from a blurry work life balance, to creating harmony

Creating and developing resilience: Learn more about resilience and how to begin to top up your reserves

Bringing your authentic self to your role: Learn how to trust yourself, and bring your real you to work in a way that feels good for you and those you work alongside

Beating Procrastination: This module is for all of us who resort to sorting a sock drawer when there's something important to get done! Learn 12 techniques for moving past procrastination

Owning and celebrating your achievements: Stop underselling yourself and start celebrating with confidence

Stop hiding, start shining: A chance to explore how to come out of hiding and start shining at work

PLUS:



Once you join Career Confidence, you're a member. Join future cohorts for no extra investment, and access the resources for as long as you want them.

Each session is accompanied by multiple resources, including a workbook, videos, podcasts and further reading to take your learning further outside of the session.

We start with a 'kick-off' session which allows you to spend some time connecting with other participants to create a brave space for us to grow together. You'll explore why you've joined the programme and what you hope to get from it, as well as any nervousnesses you may have!

You will also start to think about how you might come out of hiding and start shining by the end of the programme.

WHAT'S THE INVESTMENT?

There are two options for this programme. Payment plans are available for each. Corporate packages are also available. For more information contact Hello@quietthehive.com

UNLOCK

Includes:

- Lifetime membership, meaning you can join future cohorts at no extra investment
- Welcome session
- Ongoing access to all eight masterclasses
- Recordings for when you can't make it live
- Optional live Q&A sessions with Jane, and
- Ongoing access to additional resources, supporting exercises and tools

Investment: £597

ELEVATE*

All the UNLOCK perks, **PLUS:**

- two, hour-long coaching sessions^ for you to explore your specific challenges with Jane, and
- a welcome gift

Investment: £897

*Please note, there are a limited number of these packages on each cohort, available on a first-come, first-served basis.

^All coaching sessions to be redeemed within six months of the start date of the programme

WHAT'S THE IMPACT?

Clients working with Quiet the Hive have reported a range of impacts including:

- ✓ Increased clarity of purpose and aspirations for work and life
- ✓ Increased resilience and a sense of support
- ✓ Increased confidence and satisfaction with work and home life
- ✓ Career promotions and launching new businesses
- ✓ Developing connections to sponsor and support each other in their career and personal development and growth
- ✓ Negotiating flexible working and having other brave work conversations
- ✓ Beating procrastination and moving past imposter syndrome

CLIENT TESTIMONIALS FOR CAREER CONFIDENCE

Lydia, Deputy Head Cancer Clinical Trials Unit



“The career confidence course is totally brilliant. In 8 sessions Jane covers a whole stack of content with additional resources and worksheets after each one. She equipped me with a toolbox of strategies to employ in situations I find challenging. I am far more aware of my strengths and the value I bring to my role which has increased my self esteem. As a result I feel more empowered in my role and am closer to achieving my goals. If you want to improve your career confidence (who doesn't?!) get yourself booked onto this course!”

Candice, Communications Professional

“I am being more direct in my spoken communication. I am not apologising and I now speak up in meetings where I wouldn't offer any advice. This is a start of a journey for me and the course was just what I needed to get me on the starting blocks. I am planning to use all of the tools that I now have in my back pocket as and when I need them.”



Karen, Senior Programme Manager



“This came at the perfect time in my career progression when I was getting in my own way. This programme gave me a range of tools to support my confidence and to feel like I deserve to be where I am professionally”

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! All sessions are recorded and made available to you to catch up in your own time.

CAN I GET EXTRA 1:1 SUPPORT?

Oh heck yes! That is exactly what the 'ELEVATE' option is. All the great course basics, with additional coaching support from Jane.

HOW MUCH TIME DO I HAVE TO DEDICATE TO THE PROGRAMME?

Basically, you'll get out what you put in, with eight hours being the bare minimum (to attend the workshops). There is a total of eight hours of workshops across 16 weeks, with an optional 30 minute Q&A directly after each session, and an additional 30 minutes 'homework' which you can use to take your learning further if you wish too.

WHAT IF I GET STUCK OR FALL BEHIND?

Don't worry! We have an optional Q&A session following each session and you can submit your questions in advance. You can also always reach out to Jane at hello@quietthehive.com and don't forget that once you've joined Career Confidence, you can access it as many times as you like.

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. This is a central theme to Quiet the Hive.

Career Confidence is no different. In this programme I will encourage you to share your stories, examples and actions to remind us all that we're not alone in experiencing blockers and challenges to our career development.

The facilitated sessions are designed to get you to a place where you feel supported and motivated to try different approaches and make brave choices around your career, enabling you to play bigger at work and bring more to and get more out of your career.

Through sharing our experiences, you will get the opportunity to know and connect with other incredible women who will cheerlead and support you in your journey, as you will in theirs.

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* #100 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)

My promise to you is that I will 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 the tools I share 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 have dealt with imposter syndrome and a lack of self-belief which had held me back in my own roles. Now I run my own business and help other women to play bigger in their lives and careers.

I can't wait to help you step into your potential.

Jane x

