

**CHOOSE TO FIND
YOUR VOICE,
FIGHT FOR IT,
YOU'LL BE GLAD
YOU DID.**

**FINDING
YOUR
VOICE** 



FIONA PORTER

Founder and MD of **FP Training Ltd** since 2002, is an experienced and qualified leadership and management development facilitator, trainer and coach. Fiona is a strong advocate for the power of continuous personal development and coaching.

Her portfolio of successful projects and roles enables her to have a great understanding of the challenges facing her clients, both on a personal and professional level, at whatever stage of their journey.



DEBBIE LEAFE

Founder of MindFit Coaching, Debbie has worked for more than 25 years in various large and complex organisations and with a passion for mindfulness and gender equality.

Debbie re-trained as an ICF accredited professional life, business and mindfulness coach and has spent the last few years working with women either on a 1-2-1 basis or as a group for small to medium business owners.

Imagine this; it's this time next year and you still haven't found your voice, how do you feel?

We can help and support you to make those all important changes and be heard.

Join our online community:



@FYVcoaching



@fyvcoaching

To register your interest or to book a series of workshops, call 01332 527144 or email hello@findingyourvoice.org.uk

WORKSHOP PROGRAMME

SESSION ONE

FINDING MY TRUE VOICE

This session is about where you are now and what you have, what's important to you. Finding your voice is about living by your values, living authentically.

This is a start of your exploration of who you want to be, what you really want and being true to yourself. This is the start of your journey to finding your true voice.

SESSION TWO

FINDING MY STRENGTHS

This session will help you understand your strengths, unique gifts and talents and how you can make more use of those that you enjoy and find energising and exciting.

Also, we pose the question: If I'm not who I want to be, what is it that's in my way? How can you increase the application of these strengths in your life?

SESSION THREE

FINDING MY INNER AND OUTER VOICE

During this session you will explore your inner and outer voices, often we hold negative assumptions or self-limiting beliefs about ourselves that are based on untruths, these beliefs and assumptions get in the way and hold us back.

This session will allow you to confront your 'gremlins' and techniques for 'reprogramming' those inner voices that are unhelpful.

SESSION FOUR

FINDING MY MOJO

This session explores times in your life that you felt you were at your best, that you are in a state of flow, what gets you excited? What it is like when you are most alive and engaged in what you do.

This session will give you the opportunity to think about your magic moments and the feelings that you experienced at this time.

SESSION FIVE

FINDING THE WAY TO CHANGE

During this session, we pose the questions:

What are my drivers and resistors to change?
What stops me having the life I want?
Am I 'controlling the controllables'?
What are the challenges that are preventing me from moving forward?

SESSION SIX

FINDING MY VISION

In this session, we'll explore:

What's next for me?
How will I achieve my goals?
Identifying opportunities that are open to me right now.

**“In life, finding a voice is speaking and living the truth. Each of you is an original. Each of you has a distinctive voice. When you find it, your story will be told. You will be heard”
- John Grisham**