

LifeClubs at work is a people development consultancy

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What you've said about us

We have all noticed a vast improvement in the way we are working. We are working more effectively, far less 'going around in circles' and it feels more streamlined.

– Accenture, Supervisor

I learnt loads about myself...the team learnt buckets to use going forward. I would whole-heartedly recommend this to others who want their teams to be brilliant.

– Red Bull, Head of brand

The LifeClubs sessions were brilliantly delivered and one of the most worthwhile learning programmes I have attended.

– TalkTalk, participant

I would recommend LifeClubs to help change the perspective of your employees, for them to feel more positive and help maintain focus on their organisational goals.

– Cerner, Learning consultant

Probably the most worthwhile course I've attended in my working life.

– Guardian Media Group, Manager

LifeClubs epitomises people innovation – key to the future of any organisation.

– Ebay, Global head of people innovation

What you've said about us

Came away feeling more confident and comfortable
in my own skin.

– Sodexo, participant

LifeClubs at Work gives you powerful tools to be
able to work things out for yourself.

– HS2, Head of learning & development

Useful to clarify in my mind exactly what I want to achieve...
when I looked back I realised the programme kicked me
into gear to push for the next opportunity.

– Save the Children, participant

LifeClubs' sessions lead people to think and approach life
in unique ways.

– Thomson Reuters, Global head of diversity & inclusion

Such a worthwhile investment in me.

– TJX Europe, Senior learning & development specialist

I really cannot thank LifeClubs enough for what they have
created, because it is right without being rocket science.

Novartis, Head of HR Vericore

LifeClubs at Work are focused on building personal
awareness (with a mental wellbeing slant) as a mechanism to
improving individual and business performance.

– Barclays, global wellbeing partner

Our story

In 2004, LifeClubs founder, Nina Grunfeld wrote *The Big Book of Me* and started her *Get a Life* column in *The Daily Telegraph*. Over the next three years, three more of her best-selling books were published.



Nina also wrote the first 50 workshops, which launched LifeClubs Local around the UK. There are now over 100 workshops ranging in length from 20 minutes to several days, used in the workplace, prisons & locally.

Our approach

LifeClubs believe in the power of your people.

It's our mission to create happy, productive workplaces by making the individuals who work for you more aware of themselves and each other.

Our holistic materials combine 15 years of research to give your people our trademark *Lifebulb Moments* – simple epiphanies that create lasting change in your workplace.



We work with every level of your workplace - leaders, managers, teams and graduates, they're all people.

Our content is holistic – combining personal development, positive psychology and coaching tools – underpinned with mental well-being.

Our workshop topics

Our materials are written around our belief that for each person to perform at their best, they need to be aware of themselves - their identity.

Our twenty most popular day workshops (below) are all available off-the-shelf.

Wellbeing workshops

- Making **your life** work
- Making **resilience** work
- Making **empathy** work
- Making **change** work
- Making **parenthood** work

Leadership workshops

- Making **leadership** work
- Making **your vision** work
- Making **your brand** work
- Making **innovation** work
- Making **coaching** work

Performance workshops

- Making **performance** work
- Making **planning** work
- Making **problem solving** work
- Making **influence** work
- Making **your career** work

Communication workshops

- Making **communication** work
- Making **networking** work
- Making **relationships** work
- Making **differences** work
- Making **your team** work

Our wellbeing workshops

Each of the day workshops on the previous page breaks down into four workshops which can be run as 90-minute workshops or 60-minute webinars.

Making your life work

- Creating the right balance for you
- Breaking habits of a lifetime
- Listening to your body
- Learning to relax

Making change work

- Focusing on what you want
- Mapping your future
- Solving problems creatively
- Finding different perspectives

Making resilience work

- Understanding your values
- Overcoming limiting beliefs
- Building a network
- Raising your resilience

Making parenthood work

- Challenging assumptions
- Understanding your values
- Creating the right balance for you
- Overcoming limiting beliefs

Making empathy work

- Challenging assumptions
- Understanding relationships
- Appreciating difference
- Finding different perspectives

Leadership workshops

Making leadership work

- Challenging assumptions
- Understanding your values
- Deciding direction
- Building confidence

Making your vision work

- Mapping your future
- Building a network
- Listening consciously
- Solving problems logically

Making your brand work

- Embodying your strengths
- Understanding body language
- Developing a positive self image
- Giving effective feedback

Making innovation work

- Solving problems creatively
- Creating innovation
- Stopping procrastination
- Finding the success in failing

Making coaching work

- Challenging assumptions
- Asking the right questions
- Listening consciously
- Solving problems logically

Performance workshops

Making performance work

- Identifying priorities
- Stopping procrastination
- Setting effective goals
- Learning to say 'no'

Making influence work

- Building a network
- Understanding your values
- Listening consciously
- Influencing effectively

Making planning work

- Mapping your future
- Setting effective goals
- Discovering what keeps you on track
- Finding different perspectives

Making your career work

- Mapping your future
- Building a network
- Setting effective goals
- Giving effective feedback

Making problem solving work

- Deciding what matters
- Minimising stress
- Creating innovation
- Solving problems logically

Communication workshops

Making communication work

- Listening consciously
- Asking the right questions
- Managing expectations
- Learning from others

Making differences work

- Challenging assumptions
- Appreciating differences
- Understanding relationships
- Solving disagreement peacefully

Making networking work

- Building a network
- Getting yourself out there
- Listening consciously
- Giving effective feedback

Making your team work

- Solving problems logically
- Setting effective goals
- Creating your own headlines
- Overcoming limiting beliefs

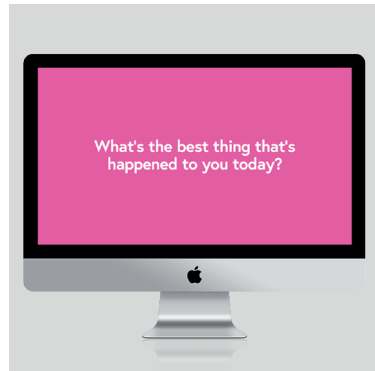
Making relationships work

- Building a network
- Solving problems logically
- Embodying your strengths
- Understanding relationships

Our delivery

Our materials are flexible.

Whether through group workshops, webinars (live or pre-recorded), 1:2:1 coaching, podcasts or booklets, we deliver our programmes in the best format for you - in your workplace, at a festival, in a hospital, prison, community centre or anywhere else.



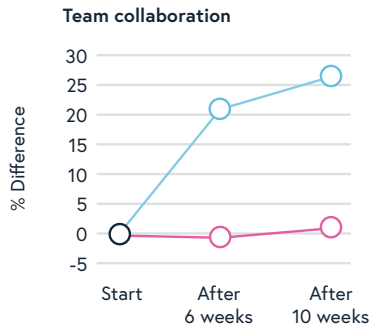
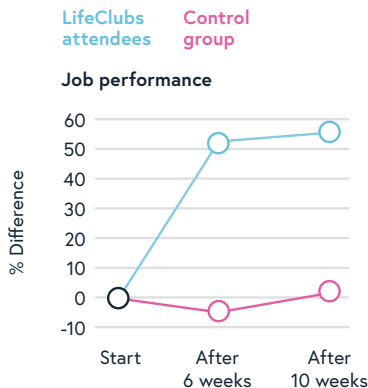
Our benefits

Our materials are fun but the benefits are serious.

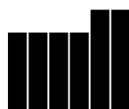
An independent piece of research measured the effectiveness of LifeClubs programmes on a team of 40, alongside a control group of 40.

The study revealed significant improvements amongst the LifeClubs participants in Job performance (over 55%), Resilience (over 30%), Organisational commitment (40%) and Motivation (30%).

The ROI of using LifeClubs was estimated at 266%.



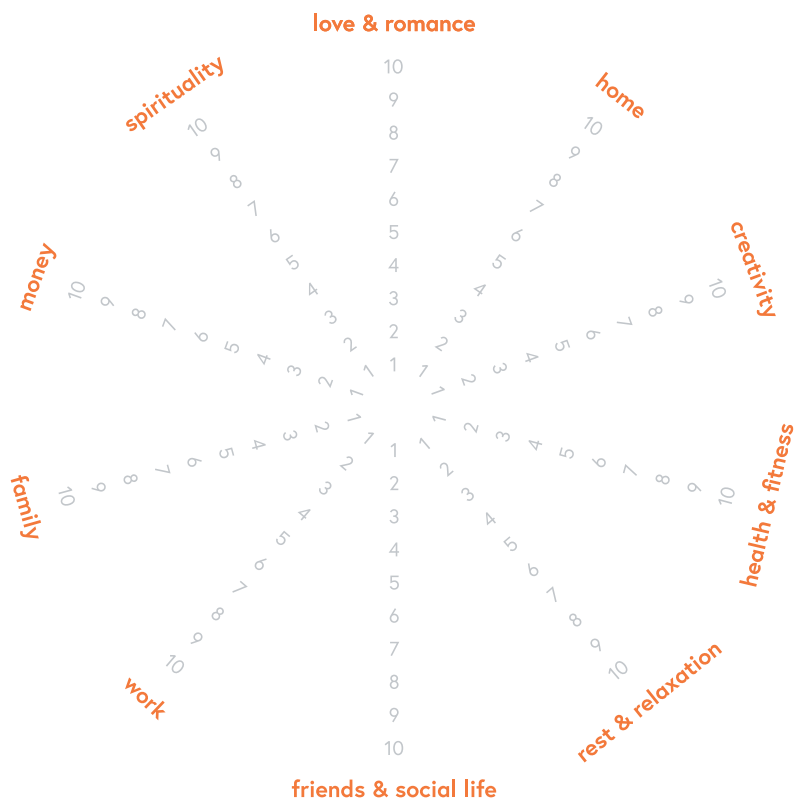
Our clients



Wellbeing: Balance chart

Our Balance chart is used at the start of most of our workshops to give participants a holistic view of what's happening in their lives.

Depending on the content of the workshop, the introduction to the Balance chart is changed to make it relevant.





Performance workshop

This is a small part of one of our workshops on time management. Participants work in small groups, empathetically mentoring and supporting each other.

Which performance thief (interruptions, cluttered routine, waiting, procrastination, fear of failure and lack of focus), or any other, repeatedly stops you getting on?

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Instead of your time being 'stolen', what would you ideally like to happen?

Describe your ideal scenario to the group - no need to write it down.

What are 3 things you can do differently in order to change this situation so it doesn't happen again as often?

1.

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2.

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3.

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Which of those three things will you do this week? Put a tick beside it.

What characteristic of yours is going to make that happen?


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How will you feel when you've done it?

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Communication workshop

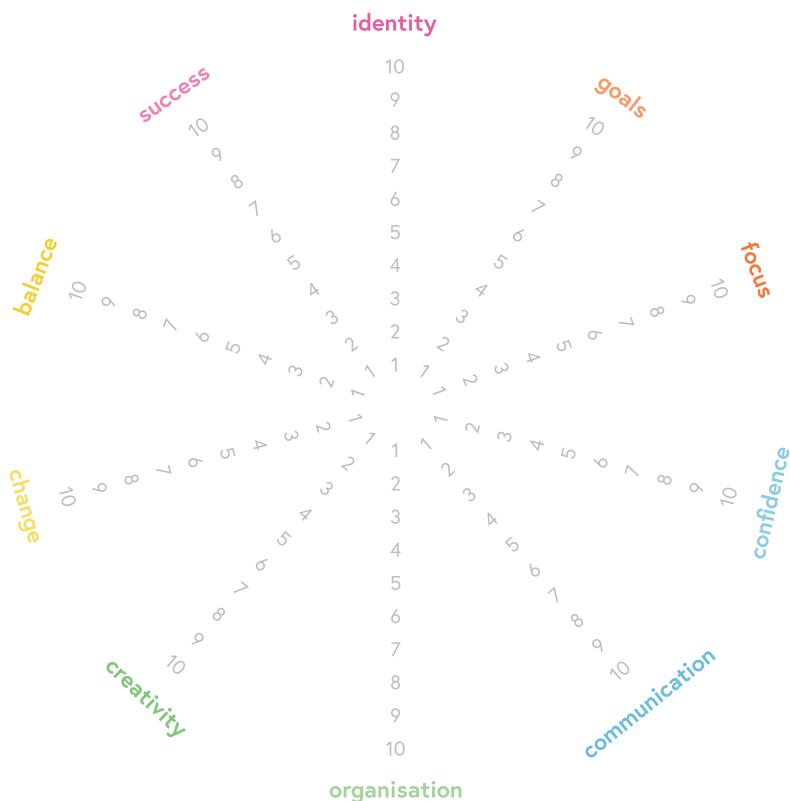
A simple question like this can help managers understand just how empathetic they are.



1. Do you know which member of your team is having a good week compared to other team members?

Leadership diagnostic

Our *Puzzle of life* diagnostic can be used with individuals, whole teams or the wider workplace to identify current sticking points and areas for prioritisation. How can our team work together in a more engaged way?





My learnings

Key to every workshop is sharing your goal for the week and what you've learnt from the workshop. Both bond participants and keep dialogue open.

What are my learnings from this workshop today and how can I use them this week?

Date

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Remember your learnings from each workshop as they will help you laugh more, love more, play more and earn more

– LifeClubs