



Expressos

Expressos are short workshops on topics relevant to working people, particularly women. Expressos are intensive and thought-provoking sessions that...

Kick start changes in behaviour
Stimulate and uplift
Fuel improved productivity, performance and endurance

Intelligent use of images are integral to the workshops, illustrating and emphasizing key points to leave participants touched and informed, even beyond the learning event.

Intention for an Espresso:

Dynamic, challenging, intelligent, practical, also humorous

Target Participants:

Employees in organisations - corporates, businesses, public sector, women's networks, professional membership organisations

Positioning:

Expressos may be marketed internally as a series of (optional) workshops for employees or they may be incorporated into an existing programme e.g. coaching, organisational change or employee wellness programmes.

Espresso Topics:

- The politics
- Embracing
- A Kind of Magic
- Thanks
- Asking for Stuff
- Handling it ALL!

Of course, others are possible.

For Example – “Asking for Stuff”:

Aims to develop ease and effectiveness in making requests. Initially this Espresso uncovers some of the fears and beliefs such as 'They'll turn me down' or 'I can't ask again' or 'That would be outrageous'. It encourages people to go beyond what is deemed safe and reasonable, in making requests. Information, tools and techniques on 'how to' effectively ask are incorporated.

Typical Duration and Frequency: Each Espresso has been designed to be deliverable during a lunchtime or (staff) meeting i.e. circa 1hr, but can be expanded into a half day or day programme. The series could be run at regular intervals e.g. first Tuesdays in the month, or they can be run as one-offs.

Recommended Number of Participants: min 10, up to 30

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