



FIONA PORTER FCIPD ICF ACC

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.



YVONNE DEVEREUX CMgr MCMI ICF ACC

Coach, Mentor and Trainer with 20 years' experience in learning and development, Yvonne's expertise lies in empowering female leaders, working to support female development and foster male ally ship.

Client feedback highlights the transformative impact of self-awareness in their lives. The empowerment and motivation that follows helps them achieve their potential

FINDING YOUR VOICE

**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.

**To register your interest or to
book a series of workshops,
please call**

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or email

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YOUR VOICE, YOUR JOURNEY, YOUR LIMITLESS POTENTIAL

FINDING YOUR VOICE

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

This session helps you discover the possibilities open to you, and reflect on how to set and achieve your goals with the support of those around you.

In this interactive session, you'll uncover what drives you and what holds you back. Through reflective discussions and practical strategies, you'll gain clarity, tackle obstacles, and embrace the changes needed to live the life you aspire to.

SESSION SIX

FINDING MY VISION

This session empowers you to envision a fearless, fully expressed version of yourself, guided by your inner mentor - a voice with the perfect answers just for you.

You'll learn to connect with this inner wisdom and make it a natural part of your life. Through reflection and guided discussions, you'll explore your mindset, overcome challenges, and embrace the changes needed to achieve your aspirations.

"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