

The following table provides a selection of our “*ready-to-go*” programmes which can be delivered at short notice (subject to availability). All of the programmes shown can be tailored and adapted, or alternatively we can design something bespoke to meet specific requirements. The list is not comprehensive, so if you don’t find something suitable please contact us at programmes@designed4success.co.uk and we’ll be happy to help.

Programme Type	D4S Programme	Participant outcomes	Duration
INDIVIDUAL DEVELOPMENT	Understanding Self	<ul style="list-style-type: none"> • Deepen understanding of your natural EQ strengths • Explore what is intrinsically motivating and demotivating you • Understand the values that drive individual behaviour • Explore the impact of a growth mindset on learning and resilience 	120 mins
	Powerful Storytelling	<ul style="list-style-type: none"> • Understand how to structure a compelling story to make your point succinctly and powerfully • Understand how to use language effectively to communicate a message • Learn how to present yourself effectively 	120 mins
	Building Trust	<ul style="list-style-type: none"> • Understand the importance of trust in the workplace • Understand how trust is built • Identify actions to maintain or build trusted working relationships 	120 mins
	Building your personal network plan	<ul style="list-style-type: none"> • Understand how to create a personal network plan • Use your network plan to create more consultative conversations • Increase the value of your existing relationships 	120 mins
	Powerful Influencing	<ul style="list-style-type: none"> • Understand the principles of influencing without authority • Learn how assumptions and self-limiting beliefs undermine our ability to influence • Understand the importance of reciprocity • Learn simple techniques to build even greater influence 	120 mins
	Bespoke Communication Skills	<ul style="list-style-type: none"> • Bespoke individual programme of three modules focused on building personal presence and impact • Build influence inside and outside the firm • Gain confidence and credibility 	3 modules each of 90 to 180 mins

Programme Type	D4S Programme	Participant outcomes	Duration
INDIVIDUAL DEVELOPMENT	Developing Presence	<ul style="list-style-type: none"> • Understand the core features of Presence • Understand how Presence begins as a mind-set and is applied as a behaviour • Learn how to use Presence to impact and influence others • Understand and practice how to develop your own Presence through physicality and vocal expression 	120 mins
	Motivating self and others	<ul style="list-style-type: none"> • Understand the four principal types of motivation • Identify your own motivational drivers • Understand the brain's natural 'seeking system' and use this to enhance motivation • Learn techniques to unlock your own and others' internal motivation • Develop practices to avoid the four most common motivation traps 	120 mins
	Habits for a healthy work pace	<ul style="list-style-type: none"> • Recognise and understand how you feel about working remotely • Establish good boundaries to create structure • Set a pace that matches your physiology • Create daily habits to balance competing demands • Use the science of habits to make them stick 	120 mins
	The neurobiology of resilience – how to create a “steady state”	<ul style="list-style-type: none"> • Discover more about the physiology of stress • Understand how it can impact on thinking and performance • Learn practical tools to help manage and control the physical response to stress 	120 mins
	Courage to be your best	<ul style="list-style-type: none"> • Understand what gets in the way of us being our authentic, best selves at work • Recognise vulnerability as the emotion we feel during times of uncertainty, risk, and emotional exposure • Explain why courage to be ourselves at work requires vulnerability • Learn how to cultivate a habit of bravery, choosing courage over comfort • Understand the 4 courage-building skillsets to increase tolerance for the discomfort that is sometimes associated with life at work. 	120 mins