



WORKPLACE WELLBEING TRAINING & COACHING

Where your WELL



meets your BEING



KIERAN'S 4 PILLARS OF EXPERTISE & EXPERIENCE



Kieran has experience leading local and international work, engaging with young people through to CEOs and esteemed professionals.

Through drawing together both health and academic content, Kieran leads with a "starts with us" mentality: we focus on our own 'water well'- from which we and others draw from - then from this foundation, we can consider processing content

around equipping to care and empower others. In short, "ground and launch yourself by starting with your 'well' and understanding your 'being' [identity] first!"

The Holistic Training Offer is focused on and will always steer back to Mental and Emotional Wellbeing, with expertise and experience articulated through Kieran's expert and experiential Foundational 4 Pillars.

Book a Free Consultation | team@guardianballers.org



WELL-BEING TRAINING

Session 1 - The Foundational Session

“Where our WELL meets our BEING”

The first journey through Wellbeing from ‘Myself, to Them, and the World’.

A holistic journey through wellbeing exploring 3 interactive components of Wellbeing:

- (1) **With Self** | Reflections, ‘the moments’ and the sum of personal habits and rhythms;
- (2) **With Others** | How navigating relationships impacts on my wellbeing;
- (3) **With the World** | My perspective and pathway in a world as I see it.

Session 2

“ME, MYSELF AND WHY”

Putting a ‘finger to the pulse’ of personal wellbeing with aims to:

- (1) **Reconstruct and fortify healthy wellbeing habits;**
- (2) Process how ‘moments’ and **the sum of personal rhythms can impact how we express ourselves and exist within our communities;**
- (3) Facilitate **introspection and empowerment through bridging wellness to identity navigation.**

BOOK TO BOOST YOUR WELLBEING

 team@guardianballers.org



Session 3

“PLACING PEACE AT THE FOOT OF PERFORMANCE”

Leading others to greater wellbeing by:

- (1) **De-constructing management practises** (both public and hidden/implicit actions);
- (2) **Understanding common mental and emotional needs and circumstances;**
- (3) **Journeying towards healthier processes, structures and cultures that support others’ wellbeing.**

Session 4

“IDENTIFYING TAKES FEELING”

Exploring the Emotion in EDI; Race is not just colourful, it’s emotional.

- (1) Reflective ‘looking in the mirror’ practises to **understand personal and collective identities (both claimed and historically-rooted).**
- (2) **Understanding emotional triggers and healing practises to empower “Equitable, Diverse and Inclusive” community.**
- (3) **Enabling space for shaping of future actions and processes that enable others to feel ‘understood’ and ‘known’.**



WELLBEING COACHING

Coaching you, your organisation and communities to better wellbeing.

- 💡 Entry Employees (Healthy Habits)
- 🎯 Managers (People and Culture Management)
- 🌐 Organisational and Executive Leaders (Process and Structure Management)

Coaching available in 1-to-1s or up to small groups.



Training sessions can vary from **Workshops** and **Keynote talks** through to **Full Days**.

Coaching Sessions are best booked in a series of sessions. One-off boosters are available.

Choose your activity level: Keep it calm and slower or raise the energy with physically active components!



Make a Booking | Book a Free Consultation



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<https://guardianballers.org/contact>



Why are we doing it?

All funds function as donations to support the rest of Guardian Ballers services.

Guardian Ballers serves young people that are most in need, whose families or host-organisations cannot pay, fully or at all, for Guardian Ballers mental and emotional services.

As you benefit from the Training or Coaching, you are sowing into someone else's life too!



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