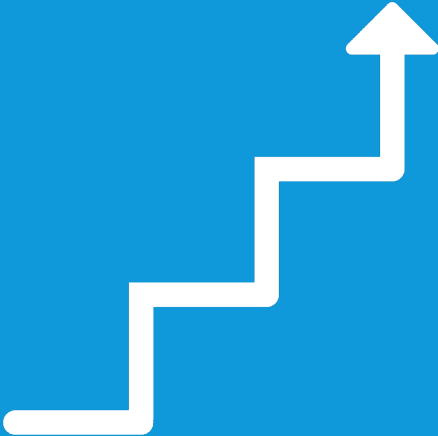




Haptivate



Self-confidence for career progression

Unlock your full potential

Harness the latest neuroscience to help you feel and perform at your best.

Self-confidence for career progression

Build your confidence using techniques from the worlds of neuroscience, positive psychology and mindfulness.



Get ready to
take the next big
step forward in
your career.

Low confidence is one of the most common issues that holds individuals back from advancing in their careers and achieving their goals.

This workshop explores tools and techniques drawn from the latest scientific research to enhance confidence at work and open doors to future career progression.



After your workshop, you'll be able to:

- ⊕ recognise how the brain's innate negativity bias influences the beliefs you hold about yourself
- ⊕ feel more comfortable talking about yourself and articulating your strengths to others
- ⊕ identify, challenge and ultimately replace any unhelpful limiting beliefs that may be holding you back
- ⊕ manage stress, nerves and anxiety in high pressure situations using simple mindfulness techniques
- ⊕ start playing to your unique skills, talents and advantages at work using strengths-based self-leadership techniques
- ⊕ utilise the science of self-kindness to improve your relationship with yourself and develop a self-coaching mindset

What a fabulous course. I really enjoyed it and learnt so much about myself. I look forward to using all of the techniques going forward and building my confidence in the workplace.

Kiemia Farrow
Graphic Designer, Cuttsy & Cuttsy

Cuttsy
&Cuttsy



I would highly recommend Haptivate to other organisations – their workshops could not be more relevant to what is happening in these uncertain times. We have already booked three more!

Luisa Hinds
Programme Officer,
Chevening



What you get

An engaging, interactive training workshop

tailored to your needs and led by an experienced facilitator

Cutting edge content

based on the latest scientific research and best practices

Discover the benefits

with hands on interactivity and group exercises

Including:

- Ice-breaker activities
- Identifying strengths and limiting beliefs
- Exploring reframing techniques in common work scenarios
- Guided mindfulness exercises
- Creating a personal confidence action plan

A free digital resource pack

Including:

- The workshop slides
- List of recommended further reading
- Guided mindfulness audio
- The Haptivate team building app

Book now

Empower your people with a wellbeing workshop aligned to your unique goals and team culture.

Our team will help you find the perfect fit.

Book a free consultation today

or

Submit an enquiry form

10 reasons you'll love Haptivate

Tailored fit

We design our workshops to match your culture and help you achieve your unique goals.

Inclusive and accessible

We'll show you how anyone can tap into their own biology to feel happier.

Evidence-based approaches

Discover proven tools based on the latest neuroscientific research.

Hands-on and interactive

Experience for yourself how you can change your neurochemistry to lift your mood.

Stress-busting and energising

We'll show you techniques that will have you feeling re-energized in a matter of minutes.

Down-to-earth facilitators

Our team impart expert knowledge with enthusiasm, humility and humour. No gurus allowed!

Cultivate connection

We create a safe and supportive atmosphere to discuss and explore personal wellbeing.

Innovative strategies

Explore the innovations used by best-in-class organisations to boost wellbeing and productivity.

Make it your own

We'll help you to embed wellbeing best practices into your distinctive organisational culture.

Instant impact

You'll come away with tangible actions you can take for an immediate improvement in wellbeing.

Our session was truly eye opening. In less than an hour, Haptivate transformed a reserved and sceptical audience into a smiling, cheerful one. The tips and exercises were fantastic and had an immediate impact.

Melchiorre Bernardo
Business Consultant, Publicis Sapient

publicis
sapient



Book now

We stand behind our workshops with a no questions asked money back guarantee.

Get started with total confidence.

[Book a free consultation today](#)

or [submit an enquiry form](#)

**Harness the science
of happiness...**

**to help people feel and
perform at their best.**



Research shows happy people do better work,
boosting your bottom line.

20%

more productive

37%

higher sales

34%

lower staff turnover

37%

less sick leave

Make the most of your talent and enhance wellbeing at work with Haptivate workshops, training and consulting, read on to find out more.



Haptivate

Our mission is to challenge the way people think and feel about work, offering new approaches that are supported by scientific evidence.

We do this by providing training and consulting based on the latest research into productivity, resilience and wellbeing at work.

We help our clients transform their culture, unlocking sustainable productivity and innovation driven by the happiness of their people.



Rosa Connor
Co-founder



James Pacey
Co-founder

**Take your first step
towards a happier
workplace...**

Contact us today for advice on how we can help you.

[Book a free consultation](#)

or

[Submit an enquiry form](#)



Haptivate

We believe that everyone has the potential to feel happier. Using the latest research into the science of happiness and wellbeing, we help individuals and organisations to make practical changes to lead happier and more productive working lives.

Every time an organisation works with us, money goes towards projects that teach wellbeing skills to young people and communities.

Leading organisations partner with Haptivate



hello@haptivate.co.uk

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