

Thinking Space Webinars Q4 2019

Engaging, brain-friendly webinars about the mind at work

"Such a great course! It should be called 'LIFE & your Brain". The content applies to everything related to engaging with people, including yourself. Terrific use of my time..."

Work & Your Brain

What stops, starts & drives your brain at work 9 & 16 Oct, 20 & 27 Nov 2019



Scattered, anxious or lacking mental clarity? What does your brain think about work? This brain science overview will give you a basic understanding of how your brain typically reacts to change, stress and daily life & work challenges. With this knowledge you may be able to respond more appropriately and with more self-awareness. Was it really 'you' or was it just your brain doing its brain thing?

Focus & Attention

Remaining focused when life gets frantic 10 & 17 Oct, 21 & 28 Nov 2019



Multi-tasking? Ineffective? Just not enough hours in the day? Find out from brain science just how ineffective some of our normal working strategies can be and discover some alternative, more brain-friendly ways to get stuff done and take back time

Keep Calm & Carry On

Regulating your emotions under pressure 11 & 18 Oct, 22 & 29 Nov 2019



Irritable? Reactive? Quick to anger? When the emotions rise and the red mist falls, what if anything, can you do to regain your cool? This session will help you better understand your own emotional responses and give you an overview of some valid and reliable emotional regulation techniques, as suggested by science

Avoiding Overwhelm

Finding quiet in the eye of the storm 24 & 30 Oct, 4 & 11 Dec 2019



Feeling stressed, overwhelmed, wrung out? When the pressures of the modern world all seems too much, what can you do to quieten the storm? This webinar will review some ways to help calm the inner turmoil, giving you more of a chance of dealing with the outer turmoil!

Dates/Times: Underlined = London 09.30
Non-underlined = London 16.00/New York 11.00

Mindfulness 101

The benefits of mindfulness at work

25 & 31 Oct, 5 & 12 Dec 2019



There is a lot of hype about mindfulness at the moment
But what exactly is mindfulness, what are the benefits and how do you do it? This session takes mindfulness back to basics, explaining it simply and clearly and includes 2 guided meditations to try
Find out how mindfulness can help you in life and at work
Suitable for mindfulness complete beginners, through to intermediates

Virtual Group Coaching

Monthly group coaching check-in

1 & 8 Nov, 19 & 19 Dec 2019



Struggling to find the time, energy or finances for 1:1 coaching, or put off by the big changes you know a coach would push you to make?
This simple, easy & low-cost monthly virtual 'discussion', offers a series of virtually answered thought-provoking questions, encouraging you to think about small changes and self-care, that may help you in the coming month. Attend monthly, or dip in and out, as your schedule allows

Facing into Fear

Putting fear in its rightful place

6 & 7 Nov, 6 & 13 Dec 2019



What is it that really stops you doing that new thing or making that change? This session will look squarely into the face of fear to see if we can develop a more healthier, balanced and beneficial relationship with it. Fear may always accompany us on our journeys, but it doesn't have to stop us getting to our destination. This webinar aims to turn fear into a more bearable (backseat) travel companion

Mid-Life Career Change

Making that change – finally

17 & 18 Dec 2019



Debbie Jeremiah, Thinking Space Founder: "A few years ago I undertook a mid-life career change, moving from balancing the books, to helping to balance my colleagues' brains at work. I changed from an accountant to an L&D trainer & course designer. Since then I've frequently been asked how I made the change. So I thought I'd run a webinar with some tips, ideas & some of my own learnings. But one where you can reflect on it for yourself and consider your own next steps .."

All webinars: 90mins + 15mins Q&A/**£49**(GBP), except Virtual Group Coaching: **60 mins/£29**(GBP)
Corporate/LMS registrations available. New topics coming in 2020 ...

"Debbie has a wonderful knack of making the virtual 'classroom' a very interactive place and making you feel like an active participant rather than just being talked at. Really enjoyable and I've walked away with knowledge that I can immediately apply every day"

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