

## Wellbeing Essentials Workshop

9:30 - 12:30 | 23/10/2025 | BDO, Windward House La  
Route de la Liberation St Helier, JE1 1BG, Jersey |  
£35 per delegate

**Book now** →



The poster features the Jersey Business logo in the top right corner. The title 'WELLBEING ESSENTIALS WORKSHOP:' is in large, bold, yellow and white text. Below it, the subtitle 'Boost your productivity and wellbeing' is in white. The logo for 'The Coaching Agency' is in the center, with the tagline 'Coaching | Training | Mentoring' below it. On the right, there is a graphic of two hands holding a circle containing three stylized people and a heart. On the left, there are three icons: a calendar, a clock, and a location pin, each followed by text: 'Thur 23rd Oct 2025', '09:30 - 12:30', and 'BDO, St Helier'.

**Join us for an enriching session focused on Personal Development**



**Book here**

This session is designed to help you achieve your goals, manage yourself effectively, and navigate difficult conversations with confidence.

### Key Areas of Focus:

- Achieving your goals and what to do if you are not
- Learn strategies to set and achieve your personal and professional goals.
- Understand common obstacles that may hinder your progress and how to overcome them.
- Explore techniques to stay motivated and maintain

momentum towards your objectives.

- Discover what steps to take if you find yourself off track and how to realign with your goals.

## **Self Management**

- Gain insights into effective self-management practices to enhance your productivity and well-being.
- Learn how to prioritise tasks and manage your time efficiently.
- Explore methods to maintain a healthy work-life balance.
- Develop skills to check in with yourself regularly and reset your approach if things are not going according to plan.

## **How to manage difficult conversations**

- Understand the importance of effective communication in managing difficult conversations.
- Learn techniques to approach and handle challenging discussions with confidence and empathy.
- Discover strategies to resolve conflicts and build stronger relationships.
- Gain insights into maintaining composure and professionalism during tough conversations.

## **Session Highlights**

In this session, Sue will be providing a comprehensive framework for self-management. You will learn:

- Ways to check in with yourself regularly to ensure you are on track with your goals.
- Techniques to reset the dial if things are not going according to your original plan.
- Practical tools to enhance your personal development and achieve a balanced, fulfilling life.

Whether you are looking to achieve your goals more effectively, manage yourself better, or navigate difficult conversations with ease, this session will provide you with valuable insights and

practical advice to help you succeed.

Join us!

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## **Who's presenting?**

**Sue Pallot NMcDip, ACP**

Founder - The Coaching Agency