

# MOTIVATIONAL & EDUCATIONAL SPEAKING

By Gina Buckney, Founder and Wellness Director at Your People Are Your Power

## **MINDFULNESS MATTERS IN THE WORKPLACE - FOUNDATION**

The pressure of the working world can take its toll on our employees and on us. The skill of Mindfulness helps us improve ourselves in many different ways and has been proven to transform the culture of working environments.

Happier, healthier workforces are more positive, productive teams.

## **MINDFULNESS MATTERS IN THE WORKPLACE - ADVANCED PRACTITIONER**

Continuing from the foundational level talk, this keynote focuses on the science and goes deeper into the practices.

10 mins a day has been proven to release stress for your employees, decrease attrition, and improve productivity (backed by Harvard Medical School). Scientifically proven to reduce stress and change brain structure to improve our focus, creativity, and logic to achieve a better sense of wellbeing.

## **CONTROLLING OUR ACTIONS AND REACTIONS**

A technique taught by her mentor Frank Dick, OBE. Gina shares advice on how we can control our actions and reactions to circumstances that are outside of our control.

This session helps people create a more resilient, peaceful, and positive mindset to the ever-changing environment and pressures of today's society.

## **HOW TO AVOID BURNOUT WHEN WORKING REMOTELY**

This topic deep dives into habits we can easily slip into when working from home, contributing to burnout.

What is burnout, how do we know we are reaching it, and what can we do to prevent it. There are practical exercises taught in this session.

## **HOW TO STAY MOTIVATED DURING REMOTE WORKING**

This topic covers tips and advice on how to stay motivated, focussed, and happy during remote working. Covering aspects such as segregation, working spaces, routine, celebrating success, and open and honest communication.

## **LEADERSHIP WORK/LIFE BALANCE**

Specifically designed for busy leaders and managers who struggle to balance a demanding workload, impacting their overall happiness.

Gina's Four Pillar Mindset approach helps work through the problem through to solution.

## **BECOMING THE CHAMPION IN YOUR LIFE**

Gina's motivational keynote has been delivered in many forums and can be adapted for any audience. Featured in the press for the positive impacts this has had on attendees.

## **BECOME YOUR OWN SUPERSTAR**

Gina shares insights, stories of inspiration, and valuable techniques that enabled her to secure, deliver, and lead some of the biggest contracts (worth £435m) and departments of 450 staff in Engineering, Finance, and IT, for organisations such as BT & Openreach, Lloyds Banking Group, and Barclays.

## **THE SKILL OF BEING AGILE TO CHANGE**

The skill of agility determines how easy we can adapt. Gina has been trained in agile ways of working from Lloyds Banking Group and has used it to deliver many projects. This talk demonstrates how improving our personal agility to change can bring immense benefits to the individual and the workplace.

## **THE IMPORTANCE OF EMOTIONAL INTELLIGENCE FOR LEADERS IN TODAY'S SOCIETY**

It takes a certain level of IQ to get leaders into the boardroom, but when IQ is level or at a point that is enough to understand the job, it's EQ that sets leaders apart.

Have you got the right mix around your boardroom table?

For bookings contact Chris: [ctompkins@championsukplc.com](mailto:ctompkins@championsukplc.com)

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