



Inspire / Realise / Transform

2021/22 PDP
Programme Brochure



**Inspiring personal growth through
transformational training**



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I really enjoyed the course and look forward to putting things into practice going forward. The main thing I took away from the week would be giving myself the confidence and self-belief in my own abilities to go forward and progress my career. I think it's a great compliment to the course and PDP just how much our team bonded and opened up to each other.

Chris Beech - RBS

We welcomed the team from PDP to lead wellbeing courses for everyone over a number of days. It was good to see everyone laughing, enjoying each other's company, work and play as a team, and hopefully, we added some light to the home-work-life experience.

Richard Bailey - MD, EMEA Recruitment

The Dame Kelly Holmes Trust has worked with PDP for many years on the training of our Athlete Mentors, all of whom are world-class athletes. The Trust has benefitted hugely from the knowledge and experience of PDP trainers in their delivery of Total Commitment Training, and our Athlete Mentors have developed creative ways of engaging hard to reach young people into positive destinations.

Ned Brown, Head of Operations & Impact, Dame Kelly Holmes Trust

It was excellent training – really uplifting, useful, and didn't feel forced. It felt really relaxed even though it was about serious stuff.

Shared Lives Plus

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About us



Bouncing Back



Committing to the future



Leading with authenticity



Team building



Exploring values & money



Inspire / Realise / Transform

We create and deliver experiential programmes, with engaging content, which sparks realisations, fuels courage, commitment and energy whilst inspiring a growth mindset that brings about transformation with participants and organisations.

PDP programmes are underpinned by the 4 level relationship theory which starts with our relationship with ourselves, placing self-awareness at the heart of our work.

Each programme is facilitated by a dedicated team combining decades of experience.

We operate across all sectors, working with groups of all sizes, tailoring our training to meet the needs of the individual and the group.



We offer face-to face-learning, online learning and blended learning. We also offer train the trainer programmes, teaching people to run our programmes for their own staff.

All PDP courses can be run as a full programme or to meet the current home-working needs, we can break down each programme into modules and offer bitesize online sessions

We have something unique to offer any organisation or community that cares about the wellbeing of its people.

PDP clients include

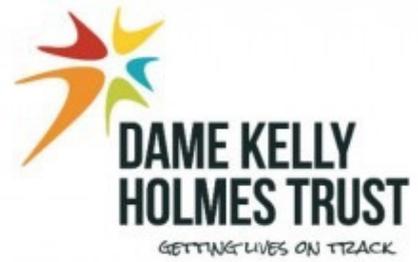


THE
LEARNING
FOUNDRY



NOVUS CAMBRIA

GYDA'N GILYDD ER MWYN NEWID
TOGETHER FOR CHANGE





Online Wellbeing Training

This is a volatile and dynamic time for many organisations and their employees. Now, more than ever, organisations are acknowledging the link between productivity and employee wellbeing and are prioritising workplace wellbeing.

By showing a commitment to wellbeing, organisations are gaining commitment and loyalty from dispersed team members as well as improving essential skills needed for productive and focused employees.

PDP's BounceBack 21 programme has been developed to explore some of the issues we have found arising in dispersed teams which include: burn out, lack of connectivity, loss of office community and meaningful communication.

BounceBack 21 is designed to move people forward in terms of positivity, action and productivity.

Session 1: Reflecting and Connecting

- Connect team members in a fun and interactive way
- Check out where participants are at in terms of wellbeing
- Encourage positivity towards the future through communication, collaboration and problem-solving activities

Session 2: BouncingBack

- Explore links & patterns in our thinking that lead to negative self-beliefs and unhelpful behaviours
- Practice building a more resilient thought process that challenges the negative and creates the positive
- Transform this new thinking into productive behaviours

The BounceBack21 programme is delivered across 2 sessions, each lasting 75 minutes. Workshops have a maximum of 10 participants and include supporting wrap around documents to aid personal development after the course. T&C's apply.



TCT



Total Commitment Training

It's hard to perform well without commitment. Whether it's at work on a new project or with a new team, starting a training course, finding employment or trying to reach a tough goal you've set for yourself – the starting point is true commitment.

TCT is a programme designed to work on your commitment mindset to increase readiness and prepare you for the challenge or journey ahead.

The programme focuses on the three Rs:

Relationships: Team work, communication, conflict resolution, leadership and co-operation

Resilience: Clarity of purpose, confidence, determination, self-control, addressing barriers and positive thinking

Reflection: Ambition, self-awareness, emotional control and transferred learning.

How is TCT delivered?

Face-to-face: The full TCT programme comprises 15 hours of interactive training and a 3 hour team task, which can be delivered over a period of 3 days or 9 x 2 hour sessions over several weeks.

Online: We can now offer crucial elements of the TCT programme via online, fully-facilitated, interactive learning. The sessions are usually taken in a programme of 4 or 6 x 75 minutes, however can be adapted to the needs of the group.

Train-the-Trainer

We can train and licence your staff in the full TCT programme, or the online TCT modules, which can then be delivered directly to your end users/service users.

Who is TCT for?

- Any team coming together to work on a new project or new strategy
- Existing teams embarking on a new phase or challenge
- Teams experiencing setbacks
- People preparing to enter traineeships, apprenticeships or training courses
- Unemployed individuals or families preparing for employment
- Anyone who wants a better chance of reaching a goal

What people said about the TCT course

“We have worked closely with PDP over the past 5 years. The most recent course has been through the TCT programme which our job-train staff team have benefited from. The impact of this training has been immediate: the feedback we received from job-train participants has been superb. As an organisation PDP are knowledgeable, informed, creative, original, innovative and in my opinion essential. Quite simply they are a vital ingredient which contributes to our ongoing success.”

Pete Alger, Director, Inspira



The logo for the Authentic Leadership Programme (ALP) features the letters 'ALP' in a bold, sans-serif font. The 'A' and 'L' are dark grey, while the 'P' is a vibrant cyan. A vertical line separates the letters from the icon to the right.

Authentic Leadership Programme

ALP will enable participants to lead effectively during times of change and uncertainty. ALP differs from other leadership courses as it is a theory-based experiential course, not a knowledge-based accredited course.

Participants can expect to learn how to lead with authenticity, purpose and integrity.

ALP looks to inspire up-and-coming leaders to become more self-aware and proactive in their personal and professional lives. People attending the ELP course can expect to be more confident, clear and assertive. This will enable their personal growth, develop their ability to nurture the people around them and proactively develop their organisations.

This three day course is delivered virtually or face to face at venues across the country. We can offer now offer specific modules of the ALP programme as stand alone online sessions or a series of 2-4 sessions



ALP was a fantastic course and I have developed my skills and knowledge and have been able to utilise this within both my professional and personal life. During the course there were a number of light bulb moments that occurred for me and others on the programme. The course developed my self-awareness and leadership skills in a fun, positive yet challenging way. ALP enabled me to learn and recognise theoretical aspects of leadership whilst utilising and recognising these in practice.

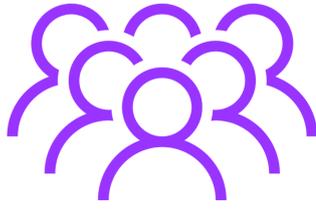
Marie Coulson, Starts with You, Bolton at Home

By far the most empowering course I have ever been on. The way the course was delivered meant that I was captivated from start to finish. The way in which it was delivered meant that they made me actually look at it and apply it to not only my work setting but my life as a whole. I wasn't sure what to expect from this course before I went on it, but if you had told me that it was going to have this much of an impact on not only my work but my life as a whole, I would have thought you were lying.

Sam Glancy, Centre 63

I really enjoyed the course and look forward to putting things into practice going forward. The main thing I took away from the week would be giving myself the confidence and self-belief in my own abilities to go forward and progress my career to become a leader in the future. Also I think it's a great compliment to the course and PDP just how much our team bonded and opened up to each other.

Chris Beech, RBS



Company Team Challenge

A good workforce should be focused, skilled and able to work as a team. Company Team Challenge has been developed by PDP to help businesses achieve better results for their employees' professional lives. CTC puts teams through a series of high-impact, experiential activities designed to challenge and stretch participants in order to:

This course is focused on:

- Building relationships
- Encouraging reflection
- Enhancing resilience

CTC is designed around your team, and your objectives using the three pillars. We'll work together to design the course which can be delivered at a time and place to suit you.

Relationships

Leadership
Team work
Interpersonal skills
Sharing responsibility
Conflict resolution
Communication

Resilience

Motivation
Commitment
Assertiveness
Confidence
Stress reduction
Creative thinking

Reflection

Adaptability
Problem solving
Mindfulness
Prioritising
Self-awareness
Strategic thinking

PDP has successfully achieved results by testing, developing and training people to Inspire, Realise and Transform their lives. PDP's most high profile work has been to assist in the establishment of the National Citizen Service, as well as training Dame Kelly Holme's Trust personnel and AoC Sport.

“Working in partnership with PDP has been refreshing and extremely beneficial for our teams. The programme has enabled colleagues to work creatively across departments, develop their own individual skills and build stronger relationships within our local communities. The team at PDP are an absolute pleasure to work with and have developed a unique approach to change behaviour at a deeper level.”

Angela Norman, Corporate Affairs Royal Bank of Scotland

“I have asked PDP to deliver several programmes for college staff. The content always enthuses those taking part and offers a different approach and way of learning. They keep people engaged throughout any programme creating outcomes that are extremely effective. PDP's staff programmes are amongst the very best out there.”

Peter Stewart, Training & Development Lead, AoC Sport





Money and Me

By exploring a person's relationship to money, this kind of financial wellbeing programme builds self-awareness in financial issues.

It allows people to understand their own drivers when making decisions so that they can take conscious control of their finances. This allows them to utilise what money they have to best effect and to stay clear of problems.

PDP has developed a training programme that will bring about the behavioural change required for a sustained approach to financial capability and where participants will get the opportunity to explore their values relating to money, thus enabling them to make more effective financial decisions.

This one day course explores each participant's relationship to money through focusing on personal values, using cash as a training aid whilst involving 'real-play'.

During the day participants will make and review decisions around:

Earning - The group earn real money through a variety of given activities and explore different issues related to earning

Buying - The group explore buying and will consider what constitutes a good deal

Selling - The group then explore selling and look at any differences between good deals when buying/selling

Sharing - The group will then be asked to share the money they have collectively gained fairly but not equally

Taking and Investing - Each individual can now decide to keep some of their money or invest it into the last exercise

Giving - The group now pool their money and give it away to a worthy cause or person of their choice and we will explore the responsibility that goes with giving.

Costs of this 1 day programme are dependant on group sizes.



The PDP team are on hand to help you find the best course to achieve your goals: both personally and for your organisation.

This brochure has been created to give you insight into the work we do. Our team can create a course specifically to suit your needs, just get in touch with us, we'd be delighted to work with you to design something together.

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