



THRIVE PROGRAMME TRAINING COURSE OVERVIEW

CONTACT DETAILS:

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WHAT IS THE COURSE ABOUT?

The Thrive Programme Training Course is a life-changing course born of the increasing understanding of how we really think. Easy to understand, empowering and evidence based, in a short period individuals learn fundamental insights into managing beliefs, thinking styles, emotions and cognitive processes in order to be resilient, happy and confident, and to grow as individuals.

Through a combination of coaching and personal homework, the course concentrates on empowering individuals with the resources, education, training, and importantly, skills to make personal change meaningful and enduring.

Thrive is a fresh approach designed to teach individuals the thinking skills to be the best version of themselves, as quickly as possible, enabling them to look forward with a healthy mindset.

HOW WILL IT BE TAUGHT, AND WILL THERE BE ANY WORK OUTSIDE THE CLASS?

The training course takes place across 6 consecutive weeks in a one-on-one format either face-to-face or online.

The weekly sessions will include theory input, demonstrations, discussions, practice, as well as experiential assignments between sessions to integrate learning, alongside the workbook. The course is experiential first and participation/practice is important. The course is supported by a programme manual and workbook. Time requirement: 30 mins per day active learning/practice that can be done alongside everyday activities, plus weekly sessions with me.

IS THERE LEARNING SUPPORT FOR THE DURATION OF THE COURSE?

Individuals have access to me during across the course either online, via email or telephone. Participation is an important part of thriving and it is essential for all to feel able to approach and access on going support as they progress through the course. I am dedicated to ensuring that everyone is fully empowered and thriving as my priority. The training programme is supported by a comprehensive and easy to navigate manual and workbook that further embeds the training and course learning.

HOW MUCH IS THE COURSE?

The Thrive Programme takes between 8 – 10 hours to complete on a one-to-one basis either face-to-face or via Skype. You may wish to see me once a week or on a more regular basis whatever works best for you.

The cost of the programme is £800.00. I have deliberately fixed the price in this way so you can budget for the programme accordingly. There are no hidden charges and there will be no additional payments once you start the programme. Committing to the course in advance is part of the Thrive process; once you are fully committed to the goal of helping yourself you are 42% more likely to achieve it (Matthews, 2011). Payment can be made in monthly instalments and the course will require an up front payment of £250 in advance of the first session.

COURSE MODULES EXPANDED

SESSION 1. WEEK 1

INTRODUCTION TO THRIVE
WHAT THRIVING MEANS
IMPACT ON LIFE & WORK
THE ANATOMY OF BELIEF
SPACE - SENSE OF POWER & CONTROL OVER
EXPERIENCE

*A QUESTION OF BELIEF. HOW OUR BELIEFS, THINKING HABITS
AND BEHAVIOUR INFLUENCES OUR EXPERIENCE. IF WE ARE
NOT ENJOYING OUR EXPERIENCES, HOW CAN WE CHANGE
THAT?*

SESSION 3. WEEK 3

SELF ESTEEM
SOCIAL ANXIETY & THE TRIAD
PACE - THE IMPERATIVE OF PERSISTENT AND
CONSTANT EFFORT
THINKING TOOLS
THE THRIVE FACTOR

*I'M GOOD ENOUGH. HOW SELF ESTEEM IS NOT FIXED –
IT'S HABITUAL WAY OF THINKING, AND IT'S IMPORTANT TO
RETRAIN HOW YOU VIEW YOURSELF AND YOUR EXPERIENCES.
IT'S NOT ABOUT THE PAST; IT'S WHAT YOU ARE THINKING NOW.*

SESSION 5. WEEK 5

LANGUAGE
WHAT DOES IT MEAN TO US?
LANGUAGE AS AN INDICATOR OF BELIEF SYSTEMS
*STOP STRESSING. LOOKING AT THE FUNCTIONS OF STRESS
AND GAIN THE EVERY DAY TOOLS TO REDUCE STRESS AND
MAINTAIN PERSPECTIVE. IF WE LEARN TO KEEP CALM AND IN
CONTROL, WE HAVE NO NEED TO CREATE ANXIETY.*

SESSION 2. WEEK 2

BUILDING THE PSYCHOLOGICAL FOUNDATIONS
IT'S NOT ABOUT THE PAST
PACE - THE IMPERATIVE OF PERSISTENT AND
CONSTANT EFFORT
OUR INNER VOICE, FRIEND OR FOE?
THE THRIVE FORMULA

*WHO HOLDS ALL THE POWER? YOU DO. THROUGH LOOKING AT
WHY WE FEEL HELPLESS IN SITUATIONS AND UNDERSTANDING
HOW WE PROCESS INFORMATION, WE CAN TURN IT AROUND
TO LOOK AT HOW TO FEEL POWERFUL.*

SESSION 4. WEEK 4

UNHELPFUL THINKING STYLES TO HELPFUL
THINKING STYLES
WHAT IS REALITY?
MIND YOUR MINDSET
*OUR MINDSET. HOW OUR EVERY DAY THINKING STYLES AND
LANGUAGE THAT WE ARE UNAWARE OF INFLUENCE OUR
CURRENT EXPERIENCE, AND WHAT TO DO TO MAKE OUR
EVERY DAY THINKING HELPFUL.*

SESSION 6. WEEK 6

STRESS AND ANXIETY DON'T HAPPEN TO ME
EFFECTS ON IMMUNE SYSTEM
ANTICIPATORY & REAL TIME ANXIETY
NORMALISATION & SECONDARY GAINS
SIGNIFICANT OTHERS
CYCLE OF BEHAVIOUR
THE DREAM TECHNIQUE
RESET & WIPING THE SLATE CLEAN
*IT'S TIME TO THRIVE, AND TO FLY ON YOUR OWN. ALL ABOUT
THE CHANGES YOU'VE MADE, HOW TO BUILD ON THE NEW
HABITS, MOVE PAST BLIPS SMOOTHLY, AND MOVE FORWARD
TO LIVE THE LIFE YOU WANT.*

THRIVE TRAINING PROGRAMME

6 X ONE-ON-ONE COACHING SESSIONS, CONSECUTIVE OVER 6 WEEKS.

ONE-ON-ONE SESSIONS 90 MINS

EMETOPHOBIA COURSE IS TAILORED SPECIFICALLY TO YOUR NEEDS.

COURSE FEES

TRAINING PROGRAMME	COST (£)
INDIVIDUAL ADULT (+16)	£795
6 X ONE-ON-ONE COACHING SESSIONS, CONSECUTIVE OVER 6 WEEKS OR INDIVIDUALLY TAILORED COURSES DISCUSSED IN ADVANCE DEPENDING ON REQUIREMENT. ONE-ON-ONE OR ONLINE* SESSIONS 90 MINS.	
PARENT & CHILD	
6 - 8 X ONE-ON-ONE COACHING SESSIONS (CHILD), CONSECUTIVE OVER 8 WEEKS OR INDIVIDUALLY TAILORED COURSE DISCUSSED IN ADVANCE DEPENDING ON REQUIREMENT. ONE-ON-ONE OR ONLINE* SESSIONS 50 MINS.	£1195
4 X ONE-ON-ONE COACHING SESSIONS (ADULT SUPPORT), ACROSS 8 WEEKS OR AN INDIVIDUALLY TAILORED COURSE DISCUSSED IN ADVANCE DEPENDING ON REQUIREMENT. WEEKLY PARENT CATCH UPS AS REQUIRED.	

- ONLINE CAN BE SKYPE & FACETIME FOR INDIVIDUALS, ORGANISED WEBINAR SYSTEM FOR GROUPS



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FIONA BROWN IS A FULL TIME THRIVE PROGRAMME COACH. FOLLOWING COMPLETION OF A BSC. IN PSYCHOLOGY IN 1997, FIONA HAS STRIVED TO BECOME GREAT AT HER JOB. SHE IS PART OF ROB'S MANAGEMENT TEAM RESPONSIBLE FOR THE PROGRESSION AND DEVELOPMENT OF THE HIGHLY SUCCESSFUL THRIVE PROGRAMME®.

With personal and professional experience in mental wellbeing, one thing led to another, a qualification here and there (BSc. Hons Psychology/CBT/Psychotherapy), and soon enough not only had I sorted out myself but I had begun a passionate journey of helping others to resolve their problems quickly and efficiently with a lot of understanding (after all I had been around the mental health block a bit). I have been fortunate to work with many people from around the world including the USA, Denmark, Germany, Australia, France, Spain to name a few and still find it very rewarding.

To be able to teach people how to be resilient, happy with themselves,, free of fear, motivated, and importantly, to do this for themselves makes it all worthwhile. Experienced in knowing the potholes to watch out for and being able to identify the core issues without much prompting are skills developed across my career which ensure there isn't much my clients and me haven't managed to knock out!

I look forward to hearing from you!