



**BECKYWALSH**  
COURSES



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## **T R A I N I N G   P O R T F O L I O**

Becky Walsh

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# ABOUT BECKY WALSH

Becky Walsh has been turning the dry world of self-development on its head with a down-to-earth and uniquely funny style for over twenty-two years.

Becky presented an agony aunt-style phone-in radio show on LBC Radio. She is the author of four self-help books including 'You DO Know – Learn to act on intuition instantly' which is published in four languages, published by Hay House.

Becky is a sought-after speaker and has appeared at the world-renowned seminar 'I can do it'.

## Career highlights:

- Author of five published books.
- A 15-year career in Theatre as a Stage Manager
- Life coach for 23 years.
- Broadcaster and presenter for BBC and LBC media outlets.
- Senior speaker curator coach and script editor for TEDx Bristol.
- Communications and marketing officer for Weston Town Council and Churchill Parish Council.
- Community manager SEE MONSTER part of Unboxed events for 2022.
- Becky has a degree in Interdisciplinary Studies from the California Institute of Integral Studies in San Francisco and is a qualified life coach.





# PERSONAL DEVELOPMENT



## EMOTIONAL AND MENTAL HEALTH IN LEADERSHIP

The World Health Organisation (WHO) defines mental health as 'a state of well-being in which every individual realises his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community.'

Anything from sleep problems, fatigue, irritability, worry, stress, depression and anxiety can hold you back from being that person. In this webinar, we will look at how our perceptions of ourselves can cause these symptoms. You will discover the thoughts and voices in our minds (subpersonalities), and how to control the less helpful ones like the inner critic and build new ones that make you a resilient leader.

## COMEDY - IT'S NOT ME IT'S YOU

The idea of this training is to poke lighthearted humour at some of the things that might annoy us, be a bit stressful or even lead us to despair about your council careers.

The plan is that when confronted with these situations, you'll remember what was said in the session and be able to have an internal giggle and a new level of understanding. Because these annoyances are OTHER PEOPLE!

Becky Walsh is a one-woman radical reinventor of personal development. This talk on mental and emotional health resilience is being performed in the style of stand-up comedy. Come to learn new skills and laugh whilst doing so.





# PERSONAL DEVELOPMENT

## ANXIETY – WHAT TO DO WHEN THE PANIC ALARM IS STUCK ON

Being anxious from time to time is a normal part of living a full life. However, have you ever had anxiety for no reason?

Or find that you are anxious and all attempts to self-soothe don't work? We have been living in uncertain times so if you haven't had at least a little anxiety we might need to check for a pulse!

In this talk Becky Walsh with her normal style of humour will dive deep into the subject of anxiety. Looking at why we have these feelings of panic and how we can heal from it and live life to the full.

## DYNAMIC PUBLIC SPEAKING

How you deliver your words and the words you use, can make you a person of influence and positive change.

Becky Walsh was a senior speaker curator and speaker coach for the second largest TEDx conference in Europe.

Creating dynamic talk scripts and presentation skills for stage and camera. Not the normal 'get over your nerves' speaker coaching. This is 'standing ovation,' powerful impact.

## BURNOUT!!

What causes burnout, what it does to your body, and how you can move through the emotional exhaustion.

In this comedy presentation, you'll learn where you are on the cycle of feeling overwhelmed and exhausted.

And be given tips on how not to do another loop in the cycle.



# PERSONAL DEVELOPMENT

## MENTAL HEALTH SELF- CARE - KEEPING BALANCE WHEN BEING PUSHED SIDEWAYS BY LIFE

Our minds can cause a whole spectrum of emotional states. From people who are thriving and living life to people who are feeling out of balance, to deep depression and anxiety, to mental illness such as schizophrenia and paranoia.

In many cases, we are having a natural reaction to uncertain times or difficult environments.

Anything from sleep problems, fatigue, irritability, worry, stress, depression and anxiety can hold you back from being the person you want to be.

This talks ambition is to uncover some of the reasons behind why we may go through difficult times, give us tools to move through them and allow us to understand ourselves with compassion when we are struggling.

## POWERFUL CONFIDENCE – HOW PEOPLE WITH BIG HEARTS CAN STOP PLAYING SMALL

If you've ever had the stuffing knocked out of you by circumstance, other people or traumatic events, you may wonder when you'll get back to 'being yourself'.

When you're feeling in a low mental state, you know those days when your brain says 'you'll never amount to much', self-doubt creeps in uninvited and gets right in the way of being productive. What's needed is a shift in perception. This webinar gives you skills in self-reflection that comes from a basis of positive psychology, without the need for unauthentic 'positive thinking'.

Learn how to make an authentic, self-caring, confident inner voice that is louder than your doubt.



# PERSONAL DEVELOPMENT

## THINKING FAST: USING YOUR INTUITION & EMOTIONAL INTELLIGENCE

Ever faced a big life decision and felt unsure about which way to go?

Whether it was leaving or starting a relationship, leaving a safe job, spending a large amount of money. We all find ourselves facing big life change decisions with little evidence to make the right choice.

You can ask family and friends, but often, you become more confused with differing opinions. I am here to teach you that YOU DO KNOW, You are your wisest advisor.

You have a natural knowing within you that transcends logic, reason and experience – and most definitely other people's opinions. You just might not have been taught how to hear your intuition via three intuitive systems – Head brain, heart brain and gut brain.

## EMOTIONAL RESILIENCE

Resilience is the 'rubber ball' factor: the ability to bounce back in the event of adversity and the ability to know yourself well enough to avoid the triggers that can cause mental and emotional issues. Put simply, resilience is the ability to cope with and rise to the inevitable challenges, problems and setbacks you meet in your career.

- How to avoid burn-out
- Dealing with difficult people
- Staying in balance – emotionally, mentally and physically
- Assertiveness and how to give a positive 'no'
- Knowing what your triggers are and how to avoid them
- Cultivating self-acceptance
- Dealing with the physical symptoms of stress and anxiety
- Reading body language and social cues

Becky's teaching is full of real-life stories, humour and real-life psychology tools you can apply to the whole of your life.





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# UNDERSTANDING PEOPLE

## ARCHETYPES - WHO ARE YOU?

Archetypes are universal models of people, behaviours, and personalities.

They provide the foundation for your personality, drives, feelings, beliefs, motivations, and actions.

They are the 'voices in our head' and these can be positive or negative.

Understanding our thoughts and where they are coming from means that we have more control over our actions and impulses.

This workshop will help you identify who you are in all of your aspects of personality.

## UNDERSTANDING PSYCHOPATHIC AND NARCISSISTIC BEHAVIOUR

Both psychopathic and narcissistic people generally lack empathy and tend to have unrealistically high opinions of themselves. They often exploit and manipulate others, and can be hard to spot as they can also be superficially charming. They are also attracted to roles of power and are often found in high leadership positions such as company CEOs and in political roles. In this webinar, we learn how to spot them and also how to monitor your own behaviour to lessen their impact on you and your organisation.



# DAYS OF THE YEAR

THESE NATIONAL AND INTERNATIONAL THEMED DAYS OF THE YEAR DRAW ATTENTION AND START CONVERSATIONS.

SUCH AS 'INTERNATIONAL WOMEN'S DAY' OR 'INTERNATIONAL DAY OF HAPPINESS.

## THE SELF-ACCEPTANCE WAY TO HAPPINESS

Becky Walsh inspires you to make joy and happiness a priority by bringing your authentic self. Not just at home but at work too. Mixing some spiritual principles, psychology and her own personal insights, Becky's funny and joyful delivery will be a highlight of International Day of Happiness.

## STRESS-REDUCING LAUGHTER – HOW TO BRING JOY TO THE WORK DAY

Whether you're sniggering at a sitcom or crying at a comedian, laughing does you good. Laughter is a great form of stress relief, and that's no joke and there is room for it in the workplace as a powerful bonding tool. Becky shows you how you can access your funny bone, without looking the fool.

## THE SCIENCE OF KINDNESS – WHY KINDNESS IS GOOD FOR YOU

A quick fact, kindness is anti-ageing! WHAT! Research shows that oxytocin reduces levels of free radicals and inflammation in the cardiovascular system. Doing this oxytocin that is created by acts of kindness not only slows ageing, but it's good for your heart too. On world kindness day, Becky Walsh will show you how to be more kind to yourself and others with your boundaries still in place.

## HAVING THE ENERGY TO SHOW UP VIBRANTLY

In this day and age 'balance' seems to be a myth. We often hit times of overwhelm, burn-out or become exhausted from caring for too long.

In this talk, Becky gives you ways to spot it before your inner frog becomes 'boiled' and ways you can embrace self-care more than a few candles and a bath.





# GET IN TOUCH

In-person, online and highbred talks and training.

I work with organisations that want their teams to have better communications. In order to have a better relationship with themselves and take care of each other by having an understanding of human psychology.

Having been a TV and Radio presenter my delivery is humorous and keeps the audience fully engaged.

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