



**BECKYWALSH**  
COURSES



# **PUBLIC SECTOR**

## **TRAINING FOR COUNCILLORS**

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 years.

She started training for the Society of Local Council Clerks (SLCC) in 2019 and has conducted over 100 training sessions online, highbred and in person at conferences. conference. Becky created four modules in the 'Civility and respect' programme and has been presenting these to clerks and councillors.

Many councils and organisations have employed Becky as a speaker. This portfolio is of the training sessions Becky has already given, although bespoke training can be created on request.

## Career highlights:

- Author of five published books.
- Life coach for 22 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.





# YOUR COUNCIL IN 2023

## CREATING A STRATEGIC VISION FOR SHAPING THE FUTURE

A Parish, Town, or Community Council strategy should be aspirational, but it can be inspirational too.

When a team and a town understand the values of the council we can make powerful collaborations.

The Council strategy is key to this, it needs to be a developing living document. In addition, it needs to have feelings, in the form of values.

Finding out what people care about and how those values can become pillars that pin the strategy together, build teamwork plans and form the council's unique brand.

A strategy isn't a document that sits on a shelf gathering dust whilst you get on with other things. It is the backbone of the organisation that focuses all projects and staff's way of thinking, creating the council's voice in every conversation. Pulling councillors and officers together as one and who knows, maybe the whole town can have a mission to get behind.

**In this webinar, Becky will provide you with information and ideas to help you write your own council strategy.**

## CREATING A POSITIVE COUNCIL CULTURE

In May 2023 we open the doors to new councillors and welcome back continuing ones. It feels like the perfect time to set up training for councillors from May onwards

In this training, you'll get an overview of how to create a positive council culture to create the best environment for progress.

- What can go wrong in councils and why
- How to deal with challenging people and situations
- Welcoming and encouraging new council members
- Members, social media and public meetings
- Why having a strategy is important and how to create one

This is an hour-long light touch training for councillors to have the best experience in their volunteer role and feel they have been the most purposeful and valuable for their community.



# 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.

## 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

Perfect for your Mayor of council leaders.

# CIVILITY AND RESPECT

## UNCOVERING THE ISSUES FOR PUBLIC SECTOR

Condescending comments, demeaning emails, disrupting meetings, reprimanding someone publicly, talking behind someone's back, giving someone the silent treatment, not giving credit where credit is due, rolling eyes, and being yelled at, is a regular occurrences for many councils. In this webinar, we talk about the issues we face in our council roles. We will then talk about the impact this has on the individuals involved and the organisation as a whole.

Each of the webinars will give real situation scenarios and what to do in each of them, including:

- Meetings
- Councillors with Councillors
- Dealing with members of the public who may be vexatious
- Staff having issues with other staff

## WHAT MAKES PEOPLE BECOME CHALLENGING?

In this webinar, we dive into human psychology, neuroscience and power dynamics. What triggers people to behave from the worst of themselves?

How as leaders can we create environments with fewer trigger situations and more safety?

We will discuss real-life situations and how to turn them around when they start to get out of hand.

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- Staff having issues with other staff

**With accompanying worksheets**



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# CIVILITY AND RESPECT

## PERSONAL RESILIENCE AND SELF-PROTECTION

Having a good understanding of yourself means you'll know what to do when someone tries to push your buttons. In this webinar, we discuss emotional resilience and emotional intelligence and how this applies to specific council situations.

Each of the webinars will give real situation scenarios and what to do in each of them, including:

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- Staff having issues with other staff

**With accompanying worksheets**

## 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.

Each of the webinars will give real situation scenarios and what to do in each of them, including:

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# COUNCIL IMPACT TRAINING

## HOW TO CREATE AN ANTI-RACIST COUNCIL

In this webinar, Becky Walsh talks about the human psychology of diversity and equality.

Why as a council need to tackle racism in society. And how Town and Parish Councils can become self-reflective and analytical about their own culture and history, without becoming shut down and defensive.

Councils have a role to play in positive change around hate crime and bringing communities together.

## DEALING WITH CHALLENGING PEOPLE & SITUATIONS

This training gives you strategies for dealing with people who may be experiencing emotions that are difficult to deal with, such as anger, sadness/grieving, distressed or anxious.

It will also give you tools for spotting and for coping with bullying, gaslighting and how to handle people with psychopathic and narcissistic tendencies. Bringing fresh air to a toxic situation.

**To book training in person or via zoom, contact  
[becky@beckywalsh.com](mailto:becky@beckywalsh.com)**





# GET IN TOUCH

In-person, online and highbred talks and training.

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

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