



Conscious Careers

Career Coaching, Employee Engagement & Team
Building

Lara Kieva Morgan





Hey! I'm
Lara



I am Lara, a career and personal branding coach and all-round people-geek. I have a background in psychology and talent leadership and I am qualified in Positive Psychology and Consciousness Coaching (ICF accredited coach).

I am passionate about helping people embrace their unique strengths and purpose so they can realise their highest potential, in line with the ever evolving needs of the world.

With expertise in people and talent leadership from start-ups & scale ups all over the world, I have in-depth knowledge of how to successfully market your skills and experience to potential employers.

My coaching method leverages Positive Psychology, Consciousness Coaching and practical knowledge to guide clients into self-realisation, unblocking of limiting beliefs and most importantly into goal setting, action & results.



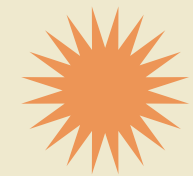
Strengths Training Workshop

Purpose:

Understand your unique strengths, how you can use these to your advantage, as well as how you can work better in a team. Understand the science behind using our strengths every day & how it can maximise productivity, performance & wellbeing.

Format: (1/2 day)

- Employees send VIA strengths test to complete 1-2 weeks before workshop
- 20 minute presentation showing the value of strengths training at work, backed up by science. Breakout session explanation & examples of how it works
- Breakout sessions: employees break out into teams armed with their top 5 strengths. Challenge is to coach one another as to how they can maximise the use of their strengths in their day to day
- Action points from each team presented back to the larger group



Conscious Inventory Workshop

Purpose:

To create mental clarity, decrease stress, team building, increased productivity, decreased procrastination & increased productivity. Teaching: Importance of having sense completion/ actioning commitments in psychological wellbeing.

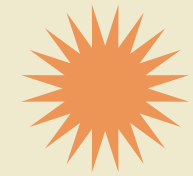
Format (1/2 day)

- Opens with introduction to workshop & 5-minute guided meditation, & self-reflection on our current mental capacity
- Everyone makes a list of everything currently taking up space in their minds in their home life - e.g. finishing the bathroom renovations, enrolling your kid in maths tutoring, clearing out the garage, calling an Aunt etc. Get them to make a date in their diaries for each of these things - and ask someone from home to hold them accountable to it



Conscious Inventory Workshop Continued

- Next everyone makes a list of everything taking up space in their minds with regards to work
- One by one - people identify who they need to make things happen & break off into smaller groups. Small actions/ expressions of gratitude can be actioned right away
- Making commitments in the group - now invite them to identify people in the group they need to get XYZ thing moving, and getting them to begin to action it together/ or put some time in the diary to do so.
- Identify anything that can be delegated to someone else in future & delegate (opportunity to allow a more junior team member to grow (plan put in place for that)
- Ends with closing statements & re-assessment of mental capacity after the exercise



Employee Happiness Workshop

Purpose:

Learn about what causes real employee happiness, engagement & wellbeing based on Martin Seligman's PERMA Model. Explore tools you can use to increase happiness & wellbeing at work. This workshop will not only inspire, but provide real actions that influence staff retention, engagement & bottom line!

Format (1/2 day)

- Presentation regarding the science of happiness & how this relates to employee engagement & wellbeing
- If you have your own employee engagement data, this can be leveraged in order to provide actionable insights. If you don't, I can help you implement that for your team (longer project)
- Group exercises based on the elements of the PERMA wellbeing model (Positive Emotion, Engagement, Relationships, Meaning & Accomplishment)

All of these workshops can be tailored to the needs of your team.

If you'd like to discuss your needs in more detail or ask questions about the workshops, feel free to get in touch & we can arrange a time to chat!

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Let's connect