

The background is white and features several stylized document icons in green, orange, red, and blue. These icons are scattered around a central blue circle, some appearing as if they are floating or falling. The central blue circle contains the title text and a logo.

LIST OF ELEARNING COURSES

The logo consists of the letters 'B', 'E', 'A', and 'M' each inside a small colored square (red, orange, green, and blue respectively). Below these squares, the text 'DEVELOPMENT & TRAINING LTD' is written in a smaller, black, sans-serif font.

B E A M
DEVELOPMENT &
TRAINING LTD

LIFE CHANGING WELLBEING & PERSONAL DEVELOPMENT
TRAINING

WWW.BEAMTRAINING.CO.UK



ABOUT BEAM

Beam was established in 2013 by Lianne Weaver (as Beam Holistic Therapy & Training) offering both 1-2-1 therapies within their premises in Newport (Imperial Park) and corporate and private training programmes.

Lianne holds both a professional and therapeutic background holding qualifications such as:

Post Grad Cert Human Resource Management
BA (Hons) Education
AAT (Association of Accounting Technicians)
Hypnotherapy Practitioner
NLP Practitioner
Meridian Psychotherapist
Coach

Lianne is also studying MSc in Psychology and Neuroscience in Mental Health.

Prior to the pandemic, our training was predominantly delivered in house within organisations across the UK, since the pandemic, we have adapted our training to be available through virtual delivery sessions along with an eLearning Wellbeing Library.

We work with a wide variety of organisations, such as public sector, national banks, finance companies, law firms, tech organisations and SME's. Since 2020 our customers are now global and last year we delivered training in 41 different countries.

Many of our courses are CPD accredited with excellent feedback.

Beam is made up of a small team of individuals who all have a passion for helping others to feel happier and healthier.

HOW WE TRAIN

Face to Face Training

We can deliver most of our courses in your offices. This enables us to be able to interact fully with your staff and offer a supportive training environment.



Online Delivery

Delegates can join our live courses via online delivery through Teams or Zoom, where they will be able to get full interaction and contact with the trainer.

E-Learning

We have a large E-Learning online library offering self directed learning. These allow the delegate to learn at a time convenient to them and offer the ability to learn in chunks.



CPD Accredited Courses

Many of our courses (through all forms of delivery) are CPD accredited meaning they have been rigorously assessed and also that the learner can gain certification for completing the course

However you choose to engage with our courses, you can be certain that they will deliver high quality, thought provoking and unique learning opportunities for all delegates.

BEAM CORE COURSES

These core Beam courses help introduce a concept to delegates in detail whilst providing them with tools in which to build up their own experience of the topic.

YOUR RESILIENCE BOOST

An interactive workshop which focuses upon teaching a wide variety of tools and techniques to boost resilience levels.



YOUR CONFIDENCE BOOST

This course is designed to identify the delegates version of confidence, what barriers they have to being confident and how to change limiting beliefs.



YOUR EMOTIONAL INTELLIGENCE BOOST

A really fascinating and important topic, this course explores what emotional intelligence means, how our brain responds to emotions and how we can increase our emotional intelligence.



UNMASKING IMPOSTER SYNDROME

More than 70% of us will experience imposter syndrome in our lives . This course clarifies what it is, how it appears and importantly how you can manage your own inner imposter.



5 TIPS TO BOOST RESILIENCE

This 'hot topic' course guides you through 5 ways to boost your resilience making sure you have the techniques to deal with anything life throws at you.



3 CS OF RESILIENCE

Another 'hot topic' course which takes a deeper dive into the core principles of being resilience.



SETTING UP YOUR DAY TO BE POSITIVE

This 'hot topic' course encourages positive habits from the moment you wake up. You'll never wake up on the wrong side of the bed again.



INTRODUCTION TO MEDITATION

This course is the first of our micro course designed to help you relax and find your calm.



BEAM ESSENTIALS

Our Beam Essential course list is only available in an eLearning format and is available to add on to any of our core Beam courses.

Time Management



Team Leadership



Stress Management



Personal Safety



Modern Slavery



Manual Handling



Information Security Awareness



Homeworking Essentials



Freedom of Information



Fire Safety



DSE Workstation Assessment



Data Protection



Anti-money Laundering



Anti-bribery



WHAT OUR CLIENTS SAY

“

In my 28 years of working here, this is by far the best training I have ever been on.

”

“

It is no exaggeration to say that this course has been life changing for me.

”

“

The Beam Team are fantastic to work with! They are reliable, enthusiastic and highly knowledgeable within their field.

”

GET IN TOUCH

If you would like to find out more about any of our courses or arrange for us to talk to you about what your organisation needs, please get in touch where we will be more than happy to help.



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www.beamtraining.co.uk



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