

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 text 'LIST OF COURSES' in white, bold, sans-serif capital letters. Below the text, within the same circle, is a white rectangular box containing the BEAM logo and the text 'DEVELOPMENT & TRAINING LTD'.

LIST OF COURSES

BEAM
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.

OUR COURSES

LONG TERM TRAINING PROGRAMMES

These courses are usually delivered over a course of weeks or months. They are designed to create long lasting changes in delegates by teaching new concepts and reinforcing them as the weeks progress.

6 WEEK PERSONAL RESILIENCE

A 6 module programme offering powerful training in key topics such as emotional intelligence, happiness, confidence, communication and more all designed to help the delegate build their resources to become more resilient.



6 WEEK CONFIDENCE BUILDER

A 6 module programme offering powerful training in key topics such as our beliefs, managing stress, understanding barriers to confidence, communication, self acceptance and more all designed to help the delegate build a deeper acceptance of themselves to feel more confident in all areas of their life.



WELLBEING SUPPORT SESSIONS

Flexible monthly sessions to help support employees whilst teaching powerful new tools, techniques and concepts to improve their wellbeing. These are flexible with a variety of sessions available which can last from 4-12 individual sessions.



2 / 3 HOUR BOOST SESSIONS

These CPD accredited 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 workshop is designed to identify the delegates version of confidence, what barriers they have to being confident and how to change limiting beliefs.



YOUR HAPPINESS BOOST

A wonderful workshop which looks at the true meaning of happiness, helping delegates accept the fleeting emotional side and acknowledge the deeper meaning.



YOUR EMOTIONAL INTELLIGENCE BOOST

A really fascinating and important topic, this workshop 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 workshop clarifies what it is, how it appears and importantly how you can manage your own inner imposter.



RESILIENCE FOR LEADERS

A powerful workshop designed to help leaders understand resilience, take care of themselves and empower and encourage resilience in their team.



CREATING AN UNSTOPPABLE MINDSET

Creating the right mindset is key to being able to break through all blockages. This 3 hour interactive workshop teaches the delegate how to obtain the right mindset.



HOT TOPIC SESSIONS

A broad selection of courses lasting around one hour giving the delegate an opportunity to gain a good understanding of key issues.

Zen Den for Relaxation



Wellbeing in the Workplace



Body Confidence



Overcoming Worries



Introduction to Mindfulness



5 Tips to Improve Resilience



Mindset for Success



The Problem with Loneliness



Improve Your Sleep



Introduction to Self Care



The Power of Forgiveness



Understanding Shame



Interrupting Anxiety



Avoiding Burnout & Managing Stress



Introduction to Meditation



Meditation Techniques



The Power of Gratitude




Moving Though Stress



Setting Up Your Day to Be Positive





Supporting Your Child's Wellbeing



5 tips to Strengthen your Mindset



Relaxation Techniques for Parents & Children



The 3 C's of Resilience



The Pursuit of Kindness



We are adding to our courses regularly and we also create bespoke courses for our clients so that they can provide their employees with exactly what they need, so please do ask if you need some courses which have not been listed.

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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