



We are a team of qualified trainers and coaches offering bespoke courses, workshops and presentations that promote health and wellbeing, boost self-esteem and raise confidence.

Whether it's becoming job ready or staff investment, we can support your journey with professional guidance, tried and tested courses, training days through person centred delivery.

Focus & Fly CIC was launched by Steve and Tracey in 2013. Both qualified and experienced trainers who, for over 20 years, have been working with vulnerable young people and adults accessing the third sector. The positive feedback given and life changing results reached by participants accessing the original personal development course fuelled the desire to take the courses to those outside the social care system. The team expanded and we utilised additional skills and ideas to extend our services. Our trainers have had experience of working with adults with complex needs to people with dementia. With qualifications in counselling, the arts, youth work, teaching and community development we use our skills, experience and qualifications to provide a safe, holistic and fun service.

Do you feel you need to build confidence, increase self-awareness and esteem or connect to others. Venturing into something new? Contemplating change? Then this course is for you. It is designed to build your resilience and expand your social toolkit to help make the path ahead less daunting.

Our delivery methods

We use a combination of lively activity, the arts and discussion based workshops to encourage a non-threatening learning environment. We aim to ensure that we take into account a range of learning styles by delivering workshops in a fun, diverse and exciting way.

What's in it for participants?

The courses originally aimed to actively bridge the gap back into education, training and employment within a safe, non-judgemental environment. Over the years this became a secondary goal as more learners felt that reducing stress, building confidence and connecting to others was more pressing. The main emphasis of confident connections is moving lives forward in a positive way. Each programme provides the opportunity to action plan towards a safe, positive and healthy future, and most importantly, connect to others and the self.

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Our Courses and training days

Focus & Fly

Well-being course for vulnerable adults

The main emphasis of this 10 week course is about moving lives forward by promoting self-awareness, well being and inclusion. Focus & Fly provides the opportunity for adults to start an action plan towards a safe, positive and healthy future.

- **Week 1** - Checking in: getting to know the programme, each other and your aims.
- **Week 2** - Yes you can!: How confident are you feeling right now? How is your relationship with yourself? How can we build self-esteem?
- **Week 3** - Stay standing: Exploring acceptance and the language of change.
- **Week 4** - The ripple effect: How different behaviours can impact us and others? What choices do we have?
- **Week 5** - Values: Why are values important? Where do we get them from? How can they be lost? How do they impact our lives?
- **Week 6** - Onwards! :Let's start living in the solution. Breaking down barriers and goal setting.

"This is the best thing I've done. I was in a terrible place when I started and the teachings of this group have saved me from my own self-doubt. I honestly cannot describe what its done for me and my family "

- **Week 7** - Martians: Who lives in our world? Where do our attitudes and beliefs come from? Does it matter how we treat others? How do you want to represent yourself in the world?
- **Weeks 8 & 9** - Five ways to well-being: How to keep going forward, preserve energy, make healthier choices and stay positive.
- **Week 10** - Course completion and moving on plan.

£3,000 for 8- 12 people

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Confident Connections

Three hours per day or evening pending groups needs, once a week for for **six weeks**

How to build your confident connections course...

Week 1 for all groups - Getting to know you

This first workshop gathers the information needed to create your own bespoke course. It will be based on the need, aims and objectives of each individual along with your choice of five workshops from the list below.

○ Yes I can

Self-esteem and positive thinking strategies

○ Stay standing

Assertiveness training

○ Blurb

Communication and basic counselling skills

○ Martians

Diversity training and how to challenge prejudice

○ Dodgy

Workshops that explore risk-taking behaviours, choices and consequences

○ Feel Free

An introduction to mindfulness and meditation

○ Together

Team building games and challenges

○ Connect

Emotional intelligence and stress management



£1,800 for
8-12 people



"I achieved confidence from the group work and connection with other people, it was a massive help for my employment"

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Creative Confidence

An eight week course designed to help you understand the creative side of photography and learn more about yourself along the way!

Each week you will take part in a three hour workshop based on the 7C's that will make you a more thoughtful, creative and confident photographer. They are as follows...

1. Clarity

Workshops exploring what you like about photography and the different types of styles and approaches. Being clear about what you find interesting in an image will help you improve your own.



2. Communication

Workshops about how we communicate messages through images and each other. Understanding how to listen, interpret and communicate will help you capture a moment more truthfully.

3. Confidence

Workshops that help boost confidence and take risks. Knowing your limitations and how to feel at ease behind and in front of a camera will help you relax and be more adventurous when taking your own.



4. Camera

Workshops about shutter speeds, exposures and camera functions. Understanding the differences between a smart phone and a professional SLR will give you the confidence to be more experimental.



Fancy something more arty whilst gaining a new skill?

Want to boost your confidence and photography techniques?

Then Creative Connections is for you!

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5. Composition

What makes a good photograph? Workshops about composition, angles, lighting and how to improve your photographic skills.

6. Creativity

Get in touch with your creative side, be more experimental and free with your photography. Workshops about famous photographers and what their work says to you. How can you use photography to express who you are?

"My overall health and well-being, including mental health, have all improved greatly. I am more confident with less anxiety"



7. Change

How can we use photography to change something? Can we change our own lives using photography? A self-portraiture workshop with discussion based feedback.




Week 8 - Put it all into practice!

Use your new skills, insight and confidence to take images in and around your location or setting up the learning space as a studio...the choice is yours!



£2,500 for 8-12 people

Ready to Book?

-  Gather a minimum of 8 people who are ready to try something new.
-  Find a local venue that is easy to access.
-  Agree on a delivery day and time, then give us a call!



Looking forward to hearing from you!

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Solutions: Stress in the workplace

Focus and Fly CIC also offers full day courses and tailor made workshops that tackle stress in the workplace.

The Covid-19 pandemic has brought into sharp focus the need for businesses to ensure that the mental health and wellbeing of their staff is being acknowledged and supported.

Our courses explore:

- How to recognise causes of stress
- How to manage personal stress
- How to review work practices which may be causes of stress
- How to develop effective coping strategies for stress
- What the physical, mental, and emotional symptoms of stress can include
- How to raise issues and areas for concern regarding stress at work
- What duties are placed on employers to tackle stress in the workplace

£750 for up
to 20
people



Our courses are very much solution focused , and we work closely with employers to ensure that our course content is relevant and meaningful for their particular workforce.

Our mission statement

FOCUS & FLY WILL INCREASE SELF-ESTEEM AND CONFIDENCE AMONGST
ADULTS, ENCOURAGE POSITIVE RELATIONSHIPS, STRESS MANAGEMENT
SELF-CARE AND KINDNESS.

WE ALSO AIM TO GIVE A VOICE TO THE UNDER-REPRESENTED WHILST
CREATING CLEAR AND MANAGEABLE PATHWAYS INTO SOCIETY.



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Testimonials



"The course was very well presented and informative and delivered in a knowledgeable and passionate way"

"I have become more open minded and willing to listen to and appreciate others"



"I have learnt that I have a voice and I am worth listening to"

"i HAVE LEARNT THAT i DESERVE MUCH MORE in LiFE AND THAT ASKING FOR HELP IS ok"

When I attended the Focus and Fly course I was early on in my recovery from drug and alcohol addiction. I struggled with confidence and being around people. My course tutor put me at ease making me feel welcome and comfortable. During the course my confidence grew and my anxiety diminished. I found all the sessions fun and useful. The group I did the course with bonded and really worked well as a team by the end. Focus and Fly helped me learn to be more at ease with others and was extremely good fun. I would recommend this course to anyone looking to for personal development , meet new people while having lots of fun while learning useful life skills.

Excellent group/course

5 stars ★★★★★

"I have learnt that I am a well loved person with some amazing qualities. would highly recommend this programme to anyone who needs a boost in confidence. It's amazing!"



"I really enjoyed meeting others on the course. Realising I wasn't the only one struggling was a big relief"



"It was the best course I have attended, and I have completed a lot of courses. It was formal but fun and delivered with care and understanding"

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