

ACTIVE NEWS

Thursday, 25th July, 2024

FIFTH EDITION



www.activationproject.org

Tap into...



#TeamFreshnessDay

We had a fantastic time at our 'Team Freshness Day' on Monday, 8th of July. Our day started with some quality team bonding in the beautiful open fields of Victoria Park at Leamington Spa. The day concluded with a new and exciting experience of playing bowls. It was an absolute blast, and we can't thank [Bowls England](#) enough for the experience!

#WorldWellbeingWeek

Don't miss watching [Doug Middleton](#), our experienced coach in this Walk and Talk, where he shares his valuable insights on the importance of encouraging conversations and proactive strategies for positive mental health in the workplace and beyond.

#DemystifyingCoaching

Watch our latest campaign series, starting with [Amanda Hickey](#), Director and Executive Coach at [The Activation Project](#), who discusses what Coaching means to her and how it differs from mentoring. Next, [Harriet Hunter](#), our Leadership Coach explains all about Individual Coaching, its structure and benefits; followed by [Gill Crowther](#), our experienced Board level Leader Coach who shares her insights on Leadership Coaching and its positive impact on businesses.

This #WorldSocialMediaDay we encourage you to reach out to us to hear your stories, build connections and engage in conversations within a safe space.



Tap into... (continued...)

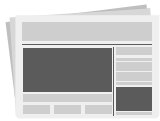
#LeadershipIsComplexNotComplicated

Check out our latest **Blog**: 'Powerful Leadership Capabilities for now and next' where our experienced coach and mentor, **Helena Moore**, delves into her thoughts on how we must work with complexity and new dynamic operating context using a new blend of capabilities, the 'super powers' we need to lead now and next.

Upcoming Events

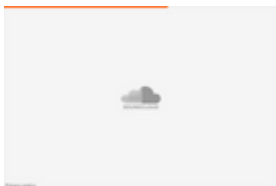


- Cycle to Work Day (2nd August)



Industry News

This month's theme is **Growth**. Whether it's Sport England's new podcast showcasing their organisational growth and the efforts of those working behind the scenes to drive change, or an individual's personal growth due to the positive impact of sport from Sport Wales.



This six-episode series explores personal journeys, practical examples and challenges faced by those at the heart of this work.

Megan Barker is passionate about sharing her story and the confidence sport has offered her. From her coaches support to her sisters competitiveness, cycling has always been a major part of her life.



Quotes from our Coaches

"For me, coaching is about supporting someone to be whole, resourceful and creative" – Amanda Hickey

"Your coach believes that you have the ability and all of the skills, capability and capacity within you to be able to grow and develop... You have got unlimited potential." – Harriet Hunter

"Demystifying Coaching is basically having a great conversation that helps people move forward on something or improve it."

– Gill Crowther

Join us on this journey of comprehensive support and transformative leadership! Sign up now to start your LeaderLine journey, [click here](#)