

'Mia consistently provides us with interesting, insightful and highly energising training sessions.

Delegates always go away enthused and ready to apply what they have learned straight away.'

(Patrick Mills,

Director of Professional Development, IPA)

Mia Kennedy Training

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What's on offer?

I train individuals and teams so they are more effective at work.

Example programmes and courses

I always tailor the content to meet specific requirements, but here's a flavour of the of courses I have run:

1. Coaching skills for leaders

Leaders are often very good at being the expert, giving instructions and solving problems. This course focuses on another equally valuable set of skills – active listening, powerful questions, outcomes, perspectives, managing emotions – to enable leaders to elicit the best from others.

2. Harnessing the differences in teams

Great teamwork rarely happens on its own. Using MBTI, participants learn how they and others tick and how the differences impact their ways of working, solving problems, influencing and responding to conflict or stress.

This course is particularly useful for project or exec teams to help them work effectively towards common goals.

3. Running brainstorming and solving problems creatively

How can we get people interested in pensions planning? How can we win more business? Solutions to problems are logical, but we often need to think laterally to get to them. This course teaches a systematic process for running brainstorming that generate brilliant and relevant solutions.

4. Future Leaders Programme

You are often promoted for being good at your craft, but leadership often requires a whole new set of skills. This 3-day programme helps people understand and develop their own leadership style and hone some key skills, such as creating high performance teams, influencing, managing conflict, inspiring, motivating and driving change.

I have also run courses on: excellent management skills, teams that work, using your time well, managing stress and building resilience.

Who is this training for?

Depending on the content, any level up to CEO.

Why Mia Kennedy?

I'm excited about the possibilities from training. I love to see the spark of understanding and to witness people changing old habits to get better results.

I focus on learning that is both genuinely useful and that sticks. The content is practical and the thinking clear; I use a coach approach and make the experience fun, with lots of participation.

I involve my Associates in developing and delivering courses when the numbers are large or we need small trainer to delegate ratios.

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'I ran an important brainstorm with some very anti-marketing folk from the rugby world a week or so ago, using the stuff you taught me and it went fabulously. Thanks.' (Strategic Planner, Red Bee Media)

'Mia's level of attention, from pre-session preparatory work, to delivery on the day and follow up has met with consistently productive, positive results, both for individuals and the company.' (Laura Field, EVP International Talent Director at FCB)