

# Boost your team's resilience and capacity

Workshops for the third sector which make a difference



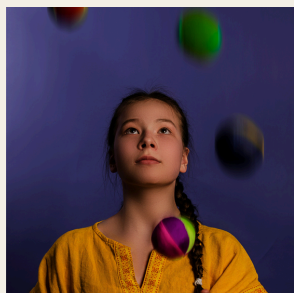
Jigsaw Coaching offers a range of practical workshops which combine coaching expertise and lived experience to increase confidence and capacity of third sector teams.

## Supporting your staff and volunteers

You and your team are doing vital work, despite increasing demands, stretched resources and the toll on wellbeing.

We offer a safe, supportive space for people at all levels to address these demands directly. Participants can share their experiences and learn the valuable skills needed to navigate challenging times.

## Our core workshops



### 1. Finding focus in the chaos:

*Practical tools when everything seems urgent*

When everything feels like a priority, it's easy to lose focus. This session helps you identify the pressures you face, use your strengths wisely and apply tools to manage your workload, so you can concentrate on what matters most.



### 2. Confidence from within:

*Moving past the imposter feeling*

Many of us doubt our own abilities, even when we're doing meaningful work. In this workshop, you'll learn practical ways to recognise your strengths, silence your inner critic and build lasting confidence from the inside out.



### 3. Staying strong together:

#### *Building personal and team resilience*

Working in the third sector can be demanding - but you don't have to struggle alone. This workshop helps you recognise what drains your energy, explore coping strategies and strengthen resilience through peer support.



### 4. Emotional intelligence in action:

#### *Supporting yourself and others*

Understanding emotions - both your own and those of others - is key to effective teamwork and wellbeing. Explore how emotional intelligence can strengthen communication, build trust and create a kinder, more cohesive workplace.



### 5. Calm in the storm:

#### *Tools for managing change and finding stability*

Change is constant, but how we respond to it makes all the difference. Discover practical tools and techniques to manage uncertainty, reduce stress and find your balance when things feel unpredictable.



### 6. Think differently:

#### *Creative thinking for real-world challenges*

Creativity isn't just for artists - it's a powerful way to see things differently, spark new ideas and find better ways to work together. This workshop helps you tap into creative thinking to re-energise your work and inspire positive change.

**Want to learn more about bringing these essential skills to your staff?**

**Reach out for a no-obligation chat about workshops or coaching.**

**T: 07970 722054    W: [www.jigsaw.uk.net](http://www.jigsaw.uk.net)    E: [hello@jigsaw.uk.net](mailto:hello@jigsaw.uk.net)**