



**Centre  
of Learning**  
Learn. Connect. Grow.

a part of **W** The **WiB** Group

# Personal Growth Training Building Capacity and Productivity



Our partners:



# Building Capacity and Productivity



How often do you feel that there just aren't enough hours in the day? Sometimes it feels like no matter how many lists you write or plans you make, something always seems to derail your day.

Navigating the ever changing environment, professional demands, and work-life blend can feel like an overwhelming juggling act that professional women face everyday. When there are high expectations that you put on yourself and tight deadlines the thought of asking for support or delegating work can feel like a failure.

## A 1 day in person programme, delivered by Caoilfhionn Buckley - Dare to Unlearn

At a glance:

- Module 1: Embracing Agility and Navigating Change
- Module 2: Breaking Free from Perfectionism
- Module 3: Delegating and Asking for Support
- Module 4: Mastering Prioritisation and Time Management



By blending psychological insights, practical tools, and collaborative learning, you will come away equipped to thrive in your career and achieve success on your terms.

Key takeaways:

- The Stockdale Paradox
- The Eisenhower Matrix
- The Circle of Control
- Practical exercises for mindset shifts
- Practical delegation techniques



Find out more: [centreoflearningni.com](https://www.centreoflearningni.com)

# Building Capacity and Productivity



## **Caoilfhionn Buckley - Dare to Unlearn**

Founder

Caoilfhionn is an International Mental Fitness Coach who empowers high achievers and teams to thrive under pressure. She helps professionals unlock their potential to navigate an ever-evolving world. With a background as a management consultant, Caoilfhionn equips individuals with the emotional agility and courage needed to turn uncertainty into opportunity. As an Accredited Coach, she provides evidence-based methods to unlock potential and promote growth, bridging the gap between good intentions and action, fostering self-belief, confidence, and resilience.



Find out more: [centreforlearningni.com](https://centreforlearningni.com)

# What makes our programmes different?



Tailored content which is **relevant to today's working world**



Programmes to **address the challenges and barriers** often faced by women



Insights and advice on best practice as well as key tools from **industry leading facilitators**



External training provides the **opportunity to connect and learn with like minded women** outside of your organisation



Engaging programmes with **practical tools which can be applied immediately** to support continued development



**Discounted rates** for Women in Business, CBI and Northern Ireland Chamber members.



Our partners:



# Our customers

Since commencing in 2019, we have had the privilege of providing training support to over 4000 individuals and 200+ organisations from different sectors.

Learning from diverse individuals across industries offers delegates a safe space to discover themselves, break away from group-think, understand varied business landscapes and share unique perspectives for enhanced growth and learning.



Our partners:



# Contact the team



Start your journey to learn, connect and grow today.



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