



www.flourishltd.com
admin@flourishltd.com



**Mark Taylor, Managing Director,
Pickfords**

"Lainy created a bespoke Pickfords training course which has been delivered to all of our managers as the first stage of an ongoing support plan. The feedback has been 100% positive, and I have no doubt that we have found the right partner to support our managers in keeping on schedule to achieve our business goals". (Lainy continues to support Pickfords, starting with them in 2022)

**Speak to founder, Lainy Russell directly
on 07531 856 570**



**We're great at what you hate,
so you can excel in what you love**

**We're not boring!
We're not the same old theory
We're definitely not afraid of the hard stuff!**

**Training and Coaching for the 21st Century
We have the answers to the questions everyone is asking**



**Theresa Bray, Deputy Principal,
Shooters Hill College**

*"So much positive feedback from the teams, just brilliant! Very much looking forward to welcoming you back in the new year".
May 2024*



Rob Hughes, QP, Pharmaceuticals

"What struck me most about Lainy's leadership was her ability to influence the movement of the group from a relatively sceptical viewpoint to one of enthusiastic teamwork. A very memorable experience".

Let us transform the complexities you face into opportunities for growth





Downloadable leaflets



Testimonials



Website


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- ✓ **Boost productivity**
- ✓ **Foster better communication**
- ✓ **Build cohesive, inclusive teams**
- ✓ **Create managers and leaders who excel**
- ✓ **Achieve your targets with confidence**



We always use science-based facts and techniques because they make sense to everyone.

We use personal experience of years in professional and leadership roles, coaching, mentoring and training others.

Neuroscience, biology, psychology, linked to environment and culture explains why we and others are the way we are, so this informs how we communicate and behave.

If we fully understand this in a relevant context, we can use the information to develop many skills for both work and life, the most important being communication.

Flourish works with experts in many fields including mental health, anxiety, sales, customer service and of course leadership and management, mentoring, coaching, training, teaching and learning.



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