



Human dynamics in business and education



Understanding how the brain Works and why we behave the way we do, not only improves our own performance, but shows you how to influence others. This is a game changer in creating success and achievement in the workplace or the classroom/training environment

www.flourishltd.com



Lainy Russell Founder of Flourish
Neuroscience, human dynamics and dealing with all the tricky stuff is what Lainy loves. She will teach you how to influence teams, manage

change and culture. Also passionate about teaching, and training, she loves seeing educators 'flourish' along with their students. Most recently she has been working on intergenerational interactions, creating more understanding and cohesion. She loves the hard stuff, so ask her anything!



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)



Ruth is our Mental Health Expert

With a wealth of experience, she can guide you through the difficult situations in the workplace.

Ruth has guest lectured at Brighton University and has managed teams for CAHMS. As well as a diverse range of workshops she also delivers safeguarding and Mental Health First Aid certificates. Ruth and Lainy present a monthly radio show on mental health and neurodiversity for Wey Valley Radio.



Jason is our Anxiety Guru

With a deep knowledge about this very topical mental health issue, we are delighted here at Flourish that Jason joins us to share insights, talks, workshops and one-to-one support to the Flourish community.



Tash is our Sales Supremo

She has been specialising in B2B sales for almost a decade, in a vast array of businesses. Tash has a real passion for sales and helping every

business thrive and 'flourish' in their space. Bespoke solutions and lots of options.



Victoria is our Financial Wellbeing Wizard

Providing specialist workshops or one to one sessions, helping you and your staff through difficult times.

We believe by relieving financial anxieties, staff are better able to focus on work.

The Flourish Family are always creating new and exciting ways to support our community

Downloadable leaflets



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".



Donna-Marie Janson, CEO/Principal, Varndean College

"Her understanding and use of human dynamics, explaining why people relate and communicate with one another the way they do, has informed how we lead, manage and teach. I find her support both transformative and highly motivating; it certainly adds a very valuable dimension to the leadership team."



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".
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