

Inspiring Futures Academy Virtual Workshop Calender



2024

JANUARY 2024



VIRTUAL WORKSHOPS



Personal Development (Level 1)

UNLEASHING YOUR AUTHENTIC SELF:

A WORKSHOP ON LIVING IN ALIGNMENT WITH YOUR TRUE IDENTITY

Wednesday 10th January 2024: 14:00 (BST) for international participants
18:00 (BST) for UK & Ireland participants
90 minutes

Professional Development (Level 2)

FINDING YOUR NORTH STAR

A WORKSHOP ON DISCOVERING YOUR LIFE'S DIRECTION

Wednesday 17th January 2024: 14:00 (BST) for international participants
18:00 (BST) for UK & Ireland participants
90 minutes



INSPIRING LEARNING CIRCLES

WE WELCOME EVERYONE TO OUR MONTHLY GROUP DISCUSSION FOCUSED ON THE TOPIC OF THE MONTH

Wednesday 24th January 2024: 14:00 (BST) for international participants
18:00 (BST) for UK & Ireland participants
60 minutes

GUEST SPEAKER

WE ARE PLEASED TO WELCOME AN EXTERNAL GUEST SPEAKER FOR THE LAST WORKSHOP OF THE MONTH

Wednesday 31st January 2024: 14:00 (BST) for international participants
18:00 (BST) for UK & Ireland participants
60 minutes



FEBRUARY 2024



VIRTUAL WORKSHOPS



Personal Development (Level 1)

FROM PASSION TO PURPOSE

A WORKSHOP ON DISCOVERING YOUR LIFE'S CALLING AND SETTING INSPIRING GOALS

Wednesday 7th February 2024: 14:00 (BST) for international participants
90 minutes 18:00 (BST) for UK & Ireland participants

Professional Development (Level 2)

UNLOCK YOUR TRUE POTENTIAL

A WORKSHOP ON HARNESSING YOUR STRENGTHS AND CHALLENGES FOR SUCCESS

Wednesday 14th February 2024: 14:00 (BST) for international participants
90 minutes 18:00 (BST) for UK & Ireland participants



INSPIRING LEARNING CIRCLES

WE WELCOME EVERYONE TO OUR MONTHLY GROUP DISCUSSION FOCUSED ON THE TOPIC OF THE MONTH

Wednesday 21st February 2024: 14:00 (BST) for international participants
60 minutes 18:00 (BST) for UK & Ireland participants

GUEST SPEAKER

Wednesday 28th February 2024: 14:00 (BST) for international participants
60 minutes 18:00 (BST) for UK & Ireland participants



*Please note that the month of May is a 5 week month, therefore no workshops will be running on that extra week.

MARCH 2024



VIRTUAL WORKSHOPS



Personal Development (Level 1)

MIND AND BODY HARMONY

A WORKSHOP ON DEVELOPING A HOLISTIC APPROACH TO YOUR HEALTH AND WELLBEING AND TREATING YOURSELF KINDLY.

Wednesday 6th March 2024: Not Running - Public Holiday
90 minutes 18:00 (BST) for UK & Ireland participants

Professional Development (Level 2)

FROM BURNOUT TO BALANCE:

A WORKSHOP ON OVERCOMING BURNOUT AND FINDING THE BALANCE.

Wednesday 13th March 2024 14:00 (BST) for international participants
90 minutes 18:00 (BST) for UK & Ireland participants



INSPIRING LEARNING CIRCLES

WE WELCOME EVERYONE TO OUR MONTHLY GROUP DISCUSSION FOCUSED ON THE TOPIC OF THE MONTH

Wednesday 20th March 2024: 14:00 (BST) for international participants
60 minutes 18:00 (BST) for UK & Ireland participants

GUEST SPEAKER

Wednesday 27th March 2024:: 14:00 (BST) for international participants
60 minutes 18:00 (BST) for UK & Ireland participants



APRIL 2024



VIRTUAL WORKSHOPS



Personal Development (Level 1)

EMOTIONAL INTELLIGENCE & RELATIONSHIPS

A WORKSHOP ON NURTURING MEANINGFUL AND HEALTHY CONNECTIONS

Wednesday 3rd April 2024: 14:00 (BST) for international participants
18:00 (BST) for UK & Ireland participants

90 minutes

Professional Development (Level 2)

THRIVING IN THE WORKPLACE

A WORKSHOP ON BUILDING POSITIVE RELATIONSHIPS THROUGH EMOTIONAL INTELLIGENCE AND PROFESSIONAL VULNERABILITY

Wednesday 10th April 2024: Not Running - Public Holiday
18:00 (BST) for UK & Ireland participants

90 minutes



INSPIRING LEARNING CIRCLES

WE WELCOME EVERYONE TO OUR MONTHLY GROUP DISCUSSION FOCUSED ON THE TOPIC OF THE MONTH

Wednesday 17th April 2024: 14:00 (BST) for international participants
18:00 (BST) for UK & Ireland participants

60 minutes

GUEST SPEAKER

Wednesday 24th April 2024: 14:00 (BST) for international participants
18:00 (BST) for UK & Ireland participants

60 minutes



MAY 2024

VIRTUAL WORKSHOPS



Personal Development (Level 1)

CULTURAL AWARENESS:

A WORKSHOP ON UNDERSTANDING DIVERSITY AND BUILDING MEANINGFUL RELATIONSHIPS ACROSS CULTURES

Wednesday 1st May 2024:

Not Running - Public Holiday

18:00 (BST) for UK & Ireland participants

90 minutes

Professional Development (Level 2)

CRITICAL AND CREATIVE THINKING

A WORKSHOP ON DEVELOPING WISE AND CONFIDENT DECISION-MAKING SKILLS BY UNDERSTANDING THE WORLD AROUND YOU

Wednesday 8th May 2024:

14:00 (BST) for international participants

18:00 (BST) for UK & Ireland participants

90 minutes



INSPIRING LEARNING CIRCLES

WE WELCOME EVERYONE TO OUR MONTHLY GROUP DISCUSSION FOCUSED ON THE TOPIC OF THE MONTH

Wednesday 15th May 2024:

14:00 (BST) for international participants

18:00 (BST) for UK & Ireland participants

60 minutes

GUEST SPEAKER

Wednesday 22nd May 2024:

14:00 (BST) for international participants

18:00 (BST) for UK & Ireland participants

60 minutes



*Please note that the month of August is a 5 week month, therefore no workshops will be running on that extra week.

JUNE 2024



VIRTUAL WORKSHOPS



Personal Development (Level 1)

BE UNBREAKABLE

A WORKSHOP ON BUILDING RESILIENCE AND OVERCOMING ADVERSITY WITH COURAGE AND STRENGTH

Wednesday 5th June 2024:: 14:00 (BST) for international participants
18:00 (BST) for UK & Ireland participants

90 minutes

Professional Development (Level 2)

BUILDING RESILIENCE

A WORKSHOP ON DISCOVERING YOUR LIFE'S DIRECTION

Wednesday 12th June 2024:: 14:00 (BST) for international participants
18:00 (BST) for UK & Ireland participants

90 minutes



INSPIRING LEARNING CIRCLES

WE WELCOME EVERYONE TO OUR MONTHLY GROUP DISCUSSION FOCUSED ON THE TOPIC OF THE MONTH

Wednesday 19th June 2024: 14:00 (BST) for international participants
18:00 (BST) for UK & Ireland participants

60 minutes

GUEST SPEAKER

Wednesday 26th June 2024: 14:00 (BST) for international participants
18:00 (BST) for UK & Ireland participants

60 minutes



JULY 2024:



VIRTUAL WORKSHOPS



Personal Development (Level 1)

CRAFTING AND PRESENTING YOUR PERSONAL BRAND

A WORKSHOP ON CREATING A COMPELLING AND
AUTHENTIC IMAGE

Wednesday 3rd July 2024: 14:00 (BST) for international participants
90 minutes 18:00 (BST) for UK & Ireland participants

Professional Development (Level 2)

PRESENTING YOUR BEST SELF

A WORKSHOP ON BUILDING CONFIDENCE AND OWNING
YOUR PERSONAL IMAGE

Wednesday 10th July 2024: 14:00 (BST) for international participants
90 minutes 18:00 (BST) for UK & Ireland participants



INSPIRING LEARNING CIRCLES

WE WELCOME EVERYONE TO OUR MONTHLY GROUP
DISCUSSION FOCUSED ON THE TOPIC OF THE MONTH

Wednesday 17th July 2024: 14:00 (BST) for international participants
60 minutes 18:00 (BST) for UK & Ireland participants

GUEST SPEAKER

Wednesday 24th July 2024: 14:00 (BST) for international participants
60 minutes 18:00 (BST) for UK & Ireland participants



AUGUST 2024



VIRTUAL WORKSHOPS



Personal Development (Level 1)

EMPOWERING THROUGH SHARING

CREATING LASTING IMPACT WITH WHAT YOU HAVE TO OFFER

Wednesday 7th August 2024: 14:00 (BST) for international participants
18:00 (BST) for UK & Ireland participants
90 minutes

Professional Development (Level 2)

LEADING WITH COMPASSION

A WORKSHOP ON CREATING LASTING SOCIAL CHANGE

Wednesday 14th August 2024: 14:00 (BST) for international participants
18:00 (BST) for UK & Ireland participants
90 minutes



INSPIRING LEARNING CIRCLES

WE WELCOME EVERYONE TO OUR MONTHLY GROUP DISCUSSION FOCUSED ON THE TOPIC OF THE MONTH

Wednesday 21st August 2024: 14:00 (BST) for international participants
18:00 (BST) for UK & Ireland participants
60 minutes

GUEST SPEAKER

Wednesday 28th August 2024: 14:00 (BST) for international participants
18:00 (BST) for UK & Ireland participants

60 minutes



*Please note that the month of November is a 5 week month, therefore no workshops will be running on that extra week.