

train of thought

Work Fearlessly

Hello!

I help people and businesses to work fearlessly.
This means freeing you and your people from the
worries, anxieties and fears that hold them back,
and allowing them to fulfil their potential.

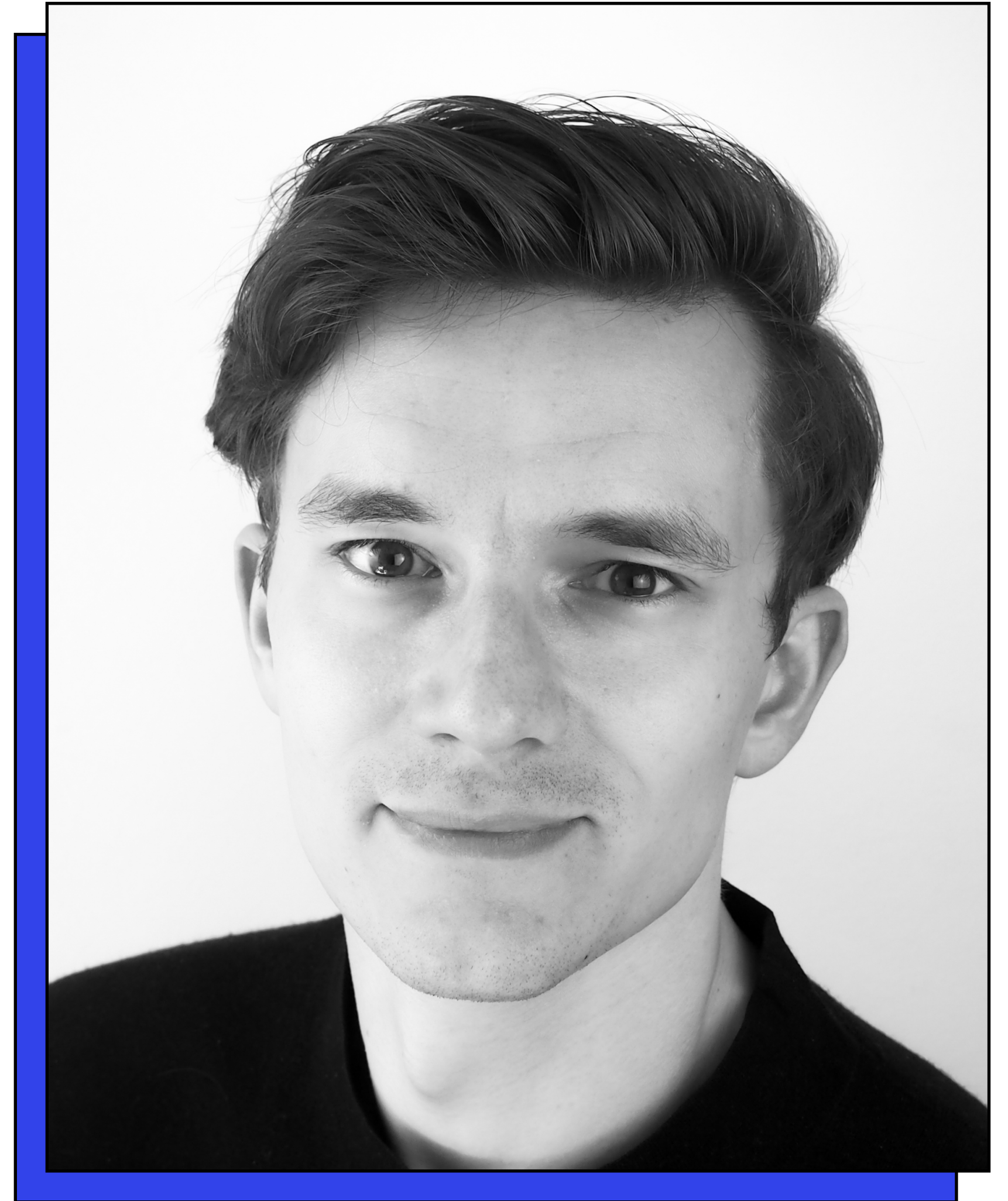
Fearless work means ideas are voiced, problems
are spotted, and decisions are made. It means the
important work is done.

The result is simply better work done by happier
people. Working fearlessly is good for business.

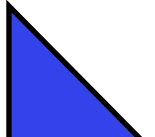
I can help you and your people to thrive, and it all
starts with a conversation. Get in touch, and we
can take those first steps together.

Thanks for reading,

Sam



 trainofthoughtpd.com

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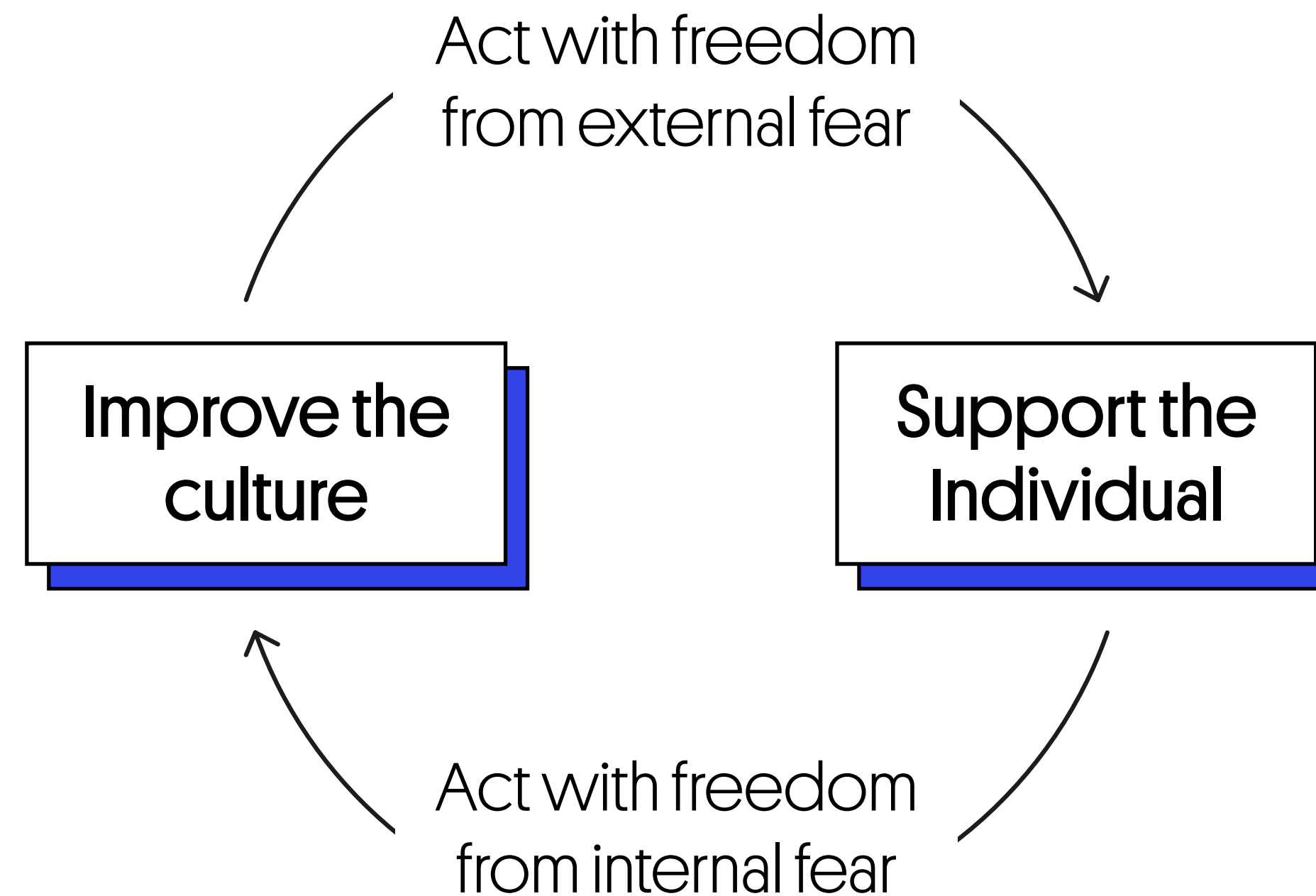
 hello@trainofthoughtpd.com

How I help



Work can be challenging, exciting and push us to be our very best, but it shouldn't make us afraid. Fear has no place in the workplace; it doesn't make us more productive, more creative or better able to work with the people around us. Fear limits us.

When we move beyond fear, there is far more possibility. When the people thrive, the culture and business thrive. Through coaching, workshops and consultancy, we create the virtuous circle of working fearlessly.



What I offer

Coaching

Workshops

Consultancy

Coaching

The ultimate investment in your people is through one to one coaching sessions.

Coaching creates the best future possible for that person by helping them to unlock their potential, allowing them to bring their whole selves to work.

I work with individuals of any level to help them become the person they want to be. Each relationship is unique, with the coaching programme focusing on the challenges facing the participant. We remove the obstacles until they can achieve their true potential.

It's the one-to-one support that your people need to put aside the fears and anxieties that are holding them back.

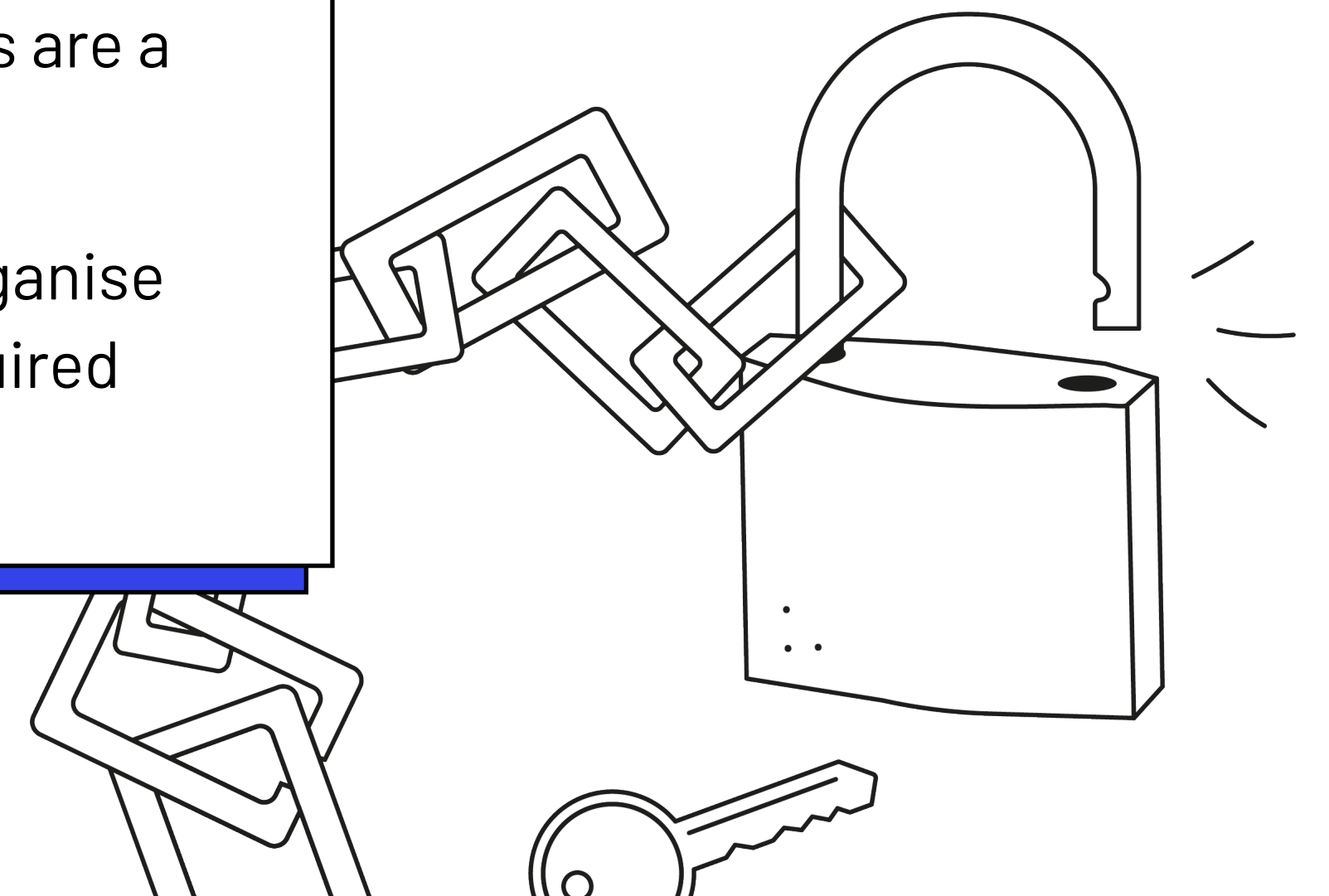
Investing in someone through coaching is the most powerful way to help them grow.

Unlocking Your Potential

Fearless
People

How it works

- Our Coaching takes place either face to face or remotely, whatever works best for the participant.
- We work to a bespoke schedule for each person, but sessions are usually weekly or fortnightly.
- Coaching programmes are a minimum of three months
- We use Calendly to organise sessions, so no work is required from you to sort schedules.



Workshops

Here are the workshops that are currently helping our clients.

Decision Making Under Pressure

Finding Composure

When under pressure, how do you find the calm to make the best decision?

Busy Isn't Working

Ways of Working

How can you work in a way that focuses on what is truly important?

Presenting Yourself

Personal Confidence

How do you allow yourself to be the person you want to be?

Just Managing

Management

How do you manage in a way that brings the best out of both you and your team?

Empowering Decision Makers

Leadership

What drives you, and how can you unlock that same drive in others?

Once Upon A Time

Storytelling

How can you use stories to bring curiosity, conviction and inspiration to your work?

Preparing To Wing It

Improvisation

How can improv help you to find freedom and creativity?

Bespoke Workshops

Custom

What do your team need help with?

Decision Making Under Pressure

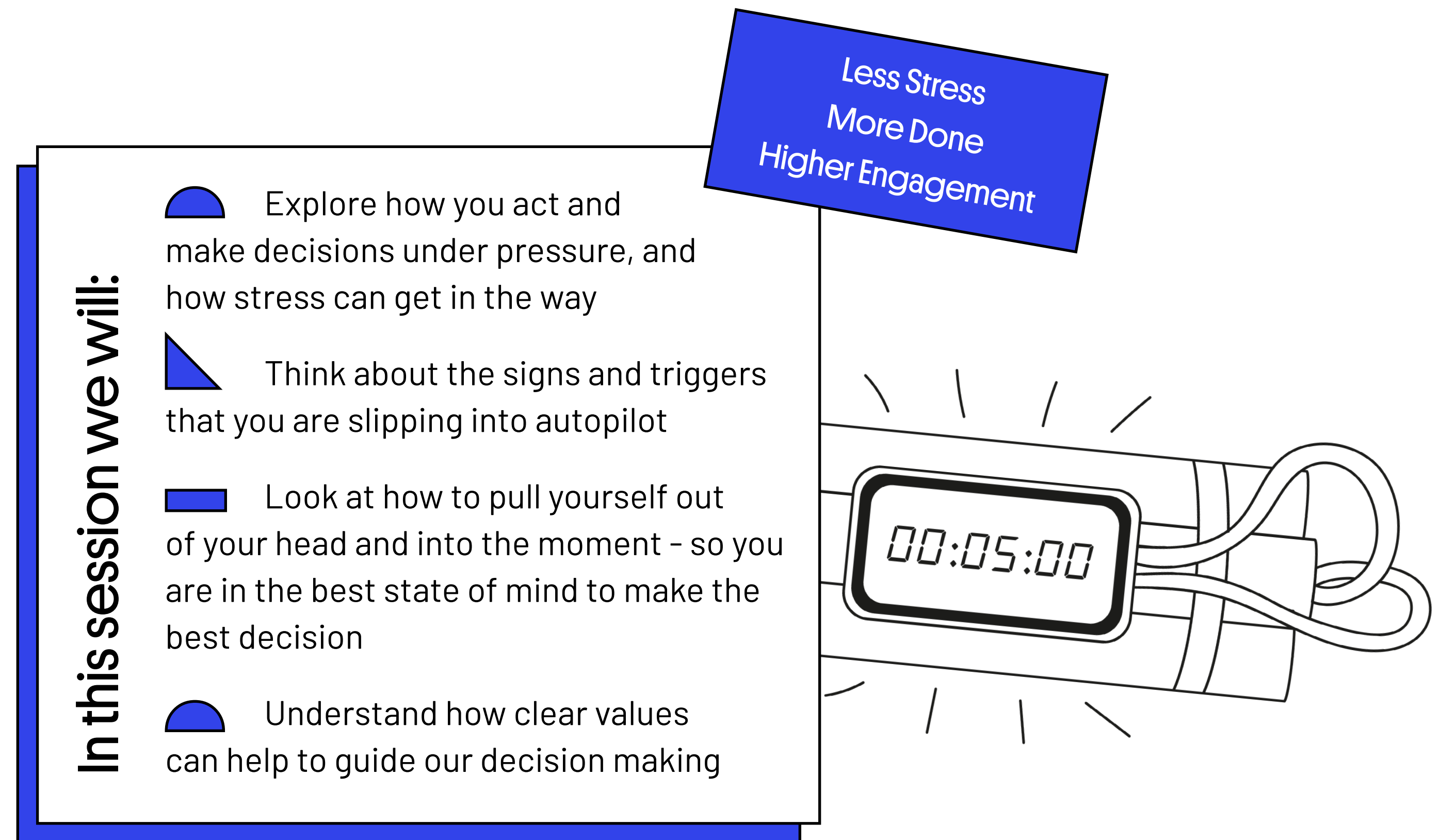
No ones wants to feel stressed

Our days are getting busier. Technology demands more and more of us. 'Too much to do' has become the default. We're running on autopilot.

With the right tools, you can put yourself back in control. By focusing on what you value you can find anchors for your decisions, and when you learn to pull yourself into the moment, you can find the space to make those decisions with composure. Great decision making is learnt before the decision ever arrives.

Grounded in the art of improvisation, and built for the modern working world, 'Decision Making Under Pressure' explores the mindset and skills that allow you to put stress aside and thrive in the moment.

Finding Composure



1 day
8-12 attendees



Busy Isn't Working

Be productive, not busy






Emails fly in, meetings dominate the calendar, and we're feeling under pressure. We're all busier and busier. It feels like this is the new way of working, and that we just need to put up with it. We don't.

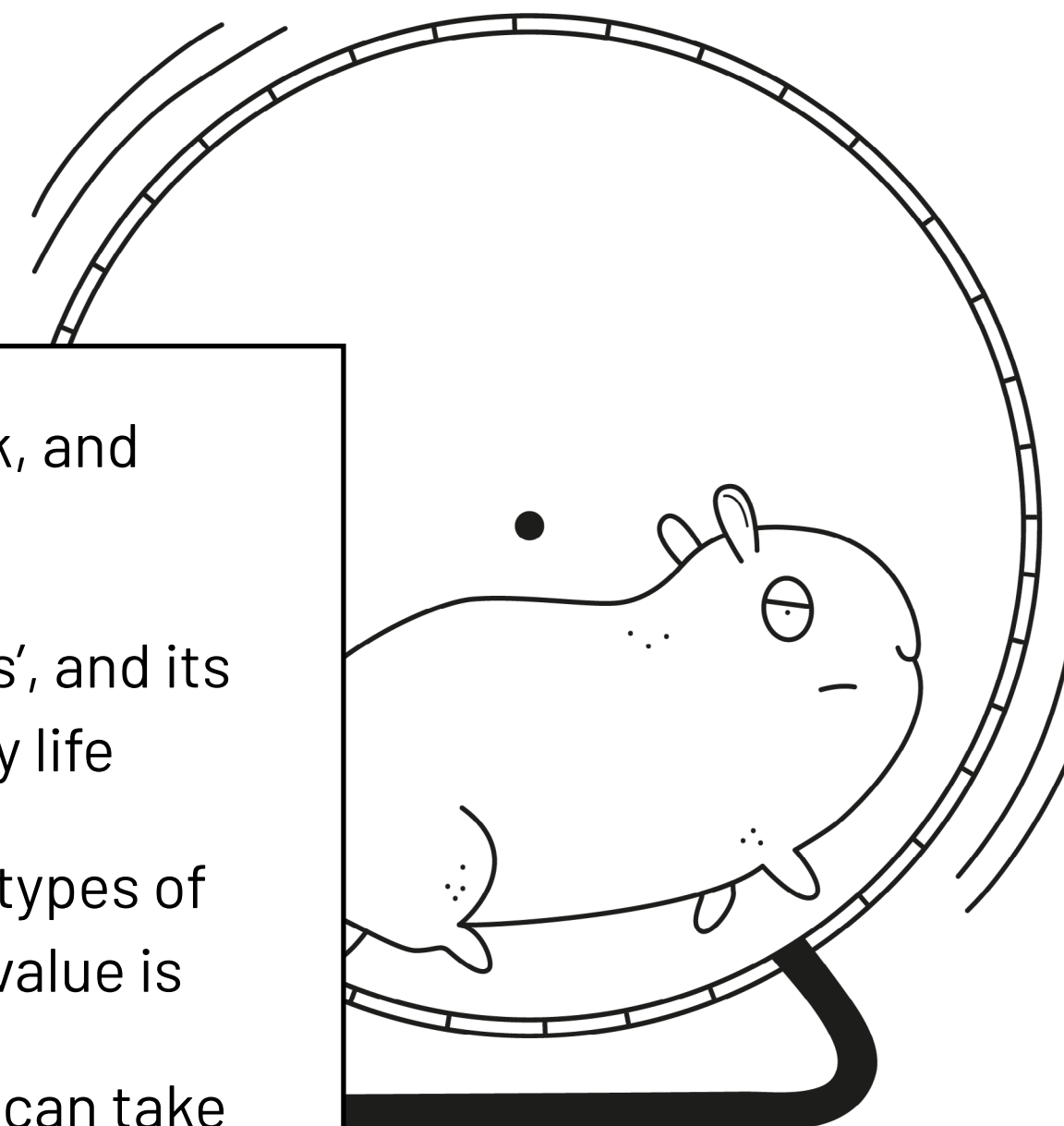
The way we work has changed: it's made us busy. The people and culture who move beyond busyness are the ones that will thrive. When you free yourself from busyness, you get the really important work done. It's a huge opportunity.

'Busy Isn't Working' helps you to understand how the way you work affects your productivity and health. It gives tangible ways of freeing yourself from feelings of pressure, and helps build a less stressful and more productive way of working.

Ways of working

In this session we will:

-  Discuss how you work, and where the challenges are
-  Think about 'busyness', and its influence on your day to day life
-  Look at the different types of work, and where their real value is
-  Explore the ways you can take control and responsibility over your working life
-  Develop a set of practical steps you and your teams can put into place to get more done



1 day
8-12 attendees

Presenting Yourself

It starts with confidence in yourself

It doesn't matter if it's in the boardroom, company meeting or just with a boss, we are always presenting ourselves. It's a shared experience that makes us nervous. But that doesn't mean that those nerves have to hold us back.

The key to being confident in front of others is to be confident in ourselves. By understanding ourselves, and developing a style true to who we are, we can find ease to any situation.

Using skills and thinking from acting and improvisation, but adapted for the workplace, 'Presenting Yourself' helps build the skills that allow you to be comfortable in front of others, wherever you are, in a way that is natural, comfortable and powerful.

Personal confidence

In this session we will:

- Explore the fear of being up in front of others, and where it comes from
- Discuss confidence, how it manifests and how we achieve it
- Look at the ways to keep calm and remove the nerves
- Think about storytelling, and how it can help us present ourselves naturally
- Practice improvisation techniques that help us feel more comfortable in the moment

More Confidence
Increased Engagement
Less Nerves

1 day
8-12 attendees

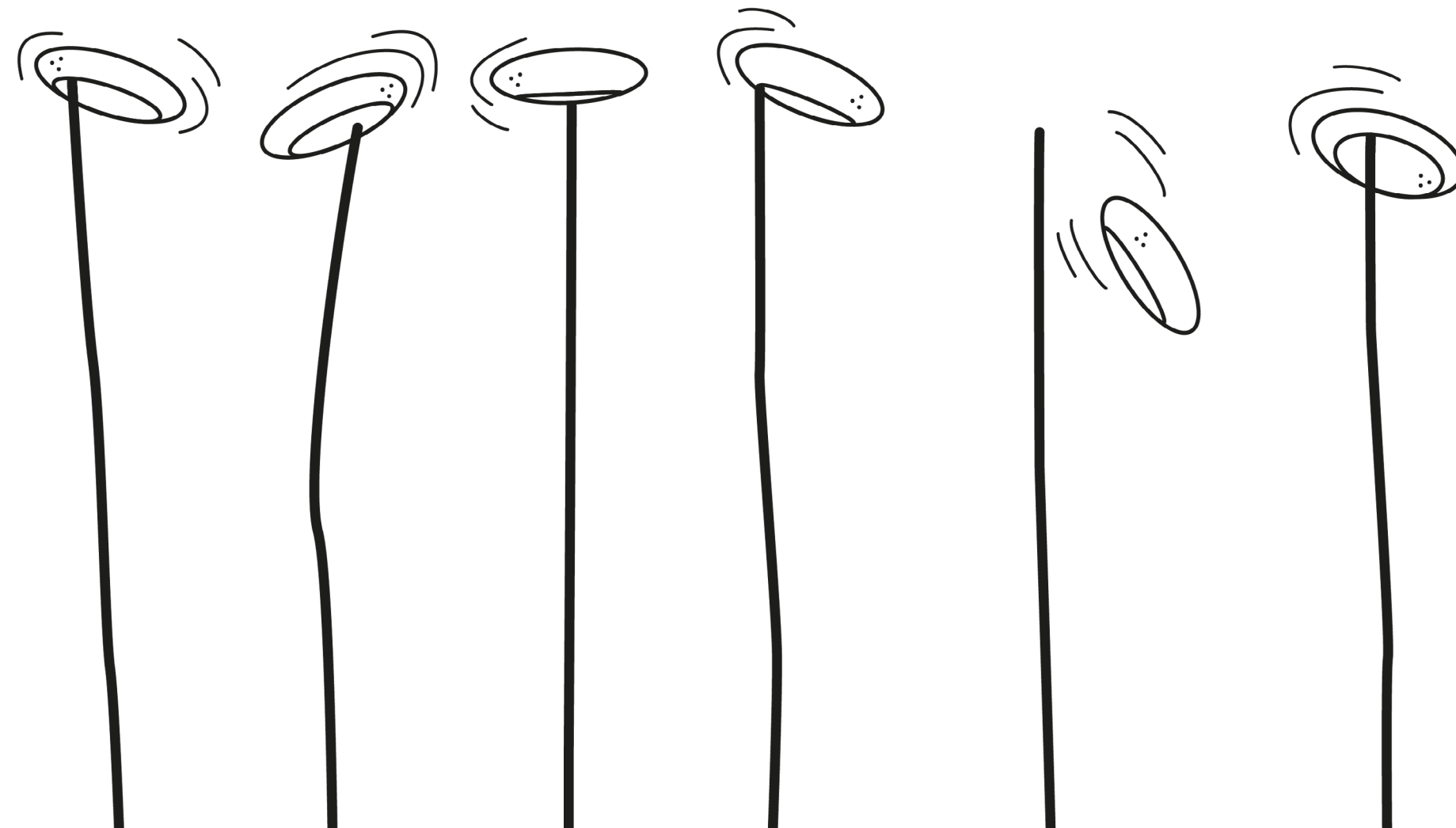
Just Managing

Why is management stressful?

When we are first given someone to manage, we think it's the answer to our prayers; someone to share the workload and ease the burden.

Managing someone is a lot of work. It's also the route to your own success, as well as one of the most rewarding parts of any job. No one was a brilliant manager from the start. We need to learn new skills, and new ways of thinking.







'Just Managing' helps take the stress out of management. It combines self-awareness, emotional intelligence and a set of approaches and tools to get the best from yourself and your team, building stronger relationships and getting more done.



Management

Less Stress
Better Teamwork
Higher Retention

In this session we will:

-  Think about what a manager is and does
-  Remind yourself of your experience of management, and how it has influenced the way you manage
-  Explore what makes a good manager, and how to influence people
-  Look at how to get the most out of your people
-  Discuss how to deliver constructive and honest feedback
-  Create a personal plan on what type of manager you want to be

1 day
8-12 attendees

Empowering Decision Makers

You need a team that makes decisions


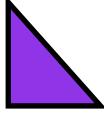


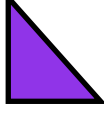


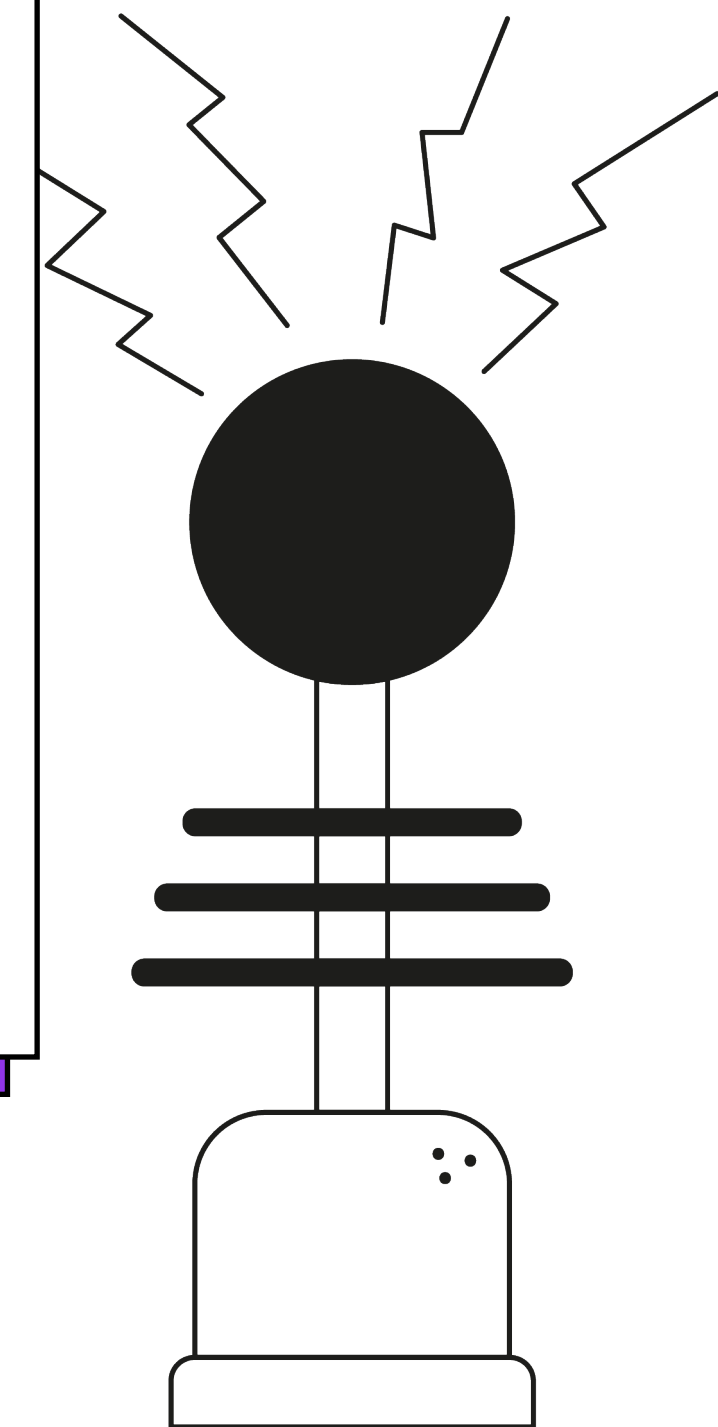
We're all under greater time pressure. The to-do list is getting longer, and you can't be everywhere at once. You need your team to make the right calls - without you always being involved.

How do you build a team that will make decisions? The teams you manage may not have your experience, know-how or confidence, but you can create an environment where their decision making is rewarded and will flourish.

By reflecting on your own approach to decision making and management, 'Empowering Decision Makers' helps you build a team of doers and deciders; a team that will get things done, so you can focus on what's important to you.

In this session we will:

-  Explore your own response to being under pressure
-  Reflect on how to motivate your team in the right way
-  Look at why your team might not be doing what needs to be done
-  Think about how to create an environment where people feel comfortable taking action
-  Develop the tools that will help your team make decisions



Leadership

1 day
8-12 attendees

Once Upon A Time

Let me tell you a story

What is the greatest story ever told? Whatever your answer, you can be sure that humans will never stop trying to better it, because stories are how we define ourselves.





The ability to tell stories gets to the very fabric of what it means to be human. Our lives, our relationships and our work all depend on the stories we tell. Stories are key to the human experience.

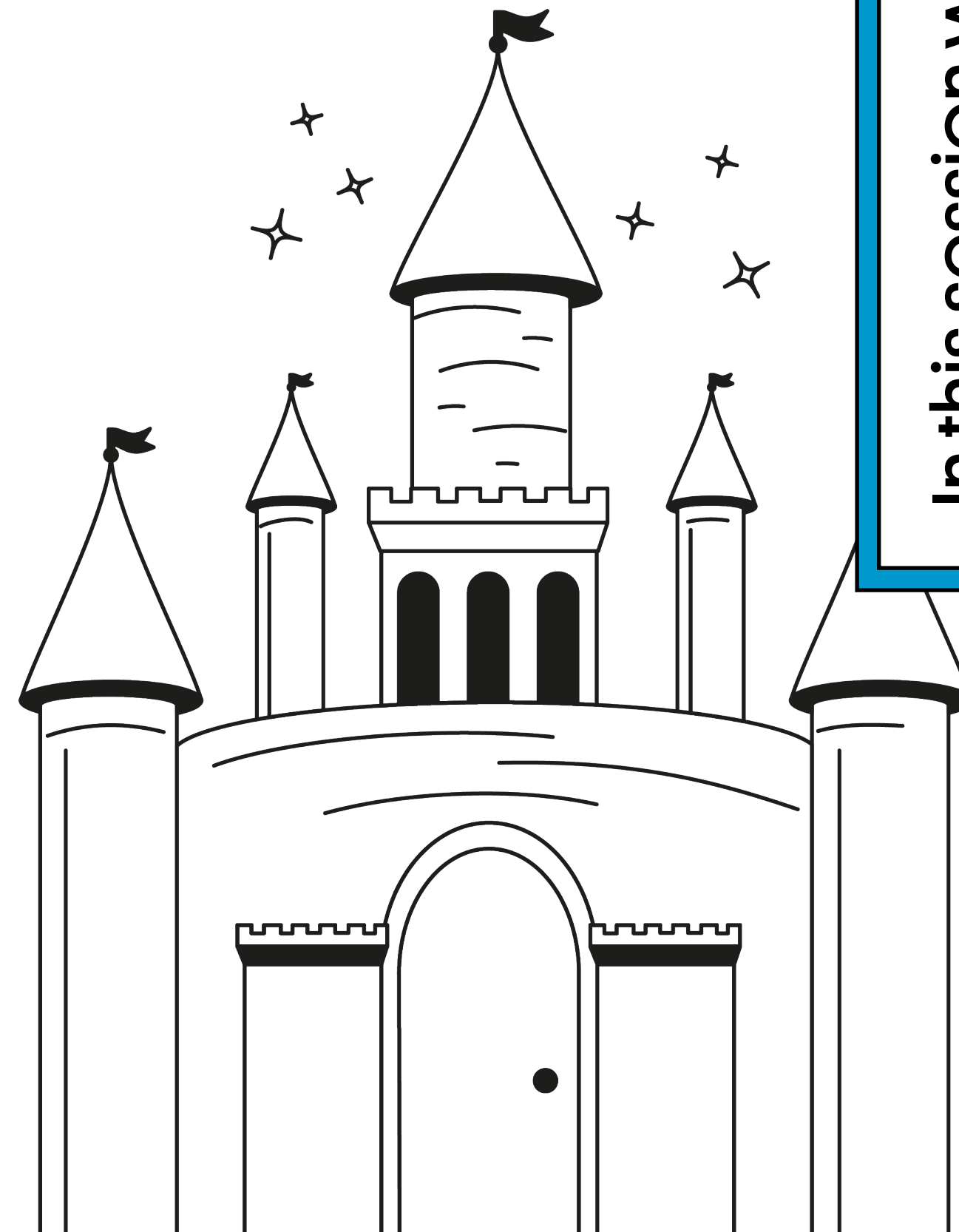
Storytelling is key to how we communicate, inspire and work with others. In 'Once Upon a Time', we'll look at ways to tell new stories with new power, opening up new chapters in your career.

Storytelling

Better Selling
More Confidence
Better Communication

In this session we will:

-  Understand why stories matter
-  Look the the foundations of storytelling using the Pixar approach
-  Practice the skills involved in telling stories
-  Apply the principles of storytelling to presentations



1 day
8-12 attendees

Preparing To Wing It

Improvisation is a skill to develop

About the session:

Preparing to Wing It can be run as an individual workshop, but is most effective when run as a longer course.

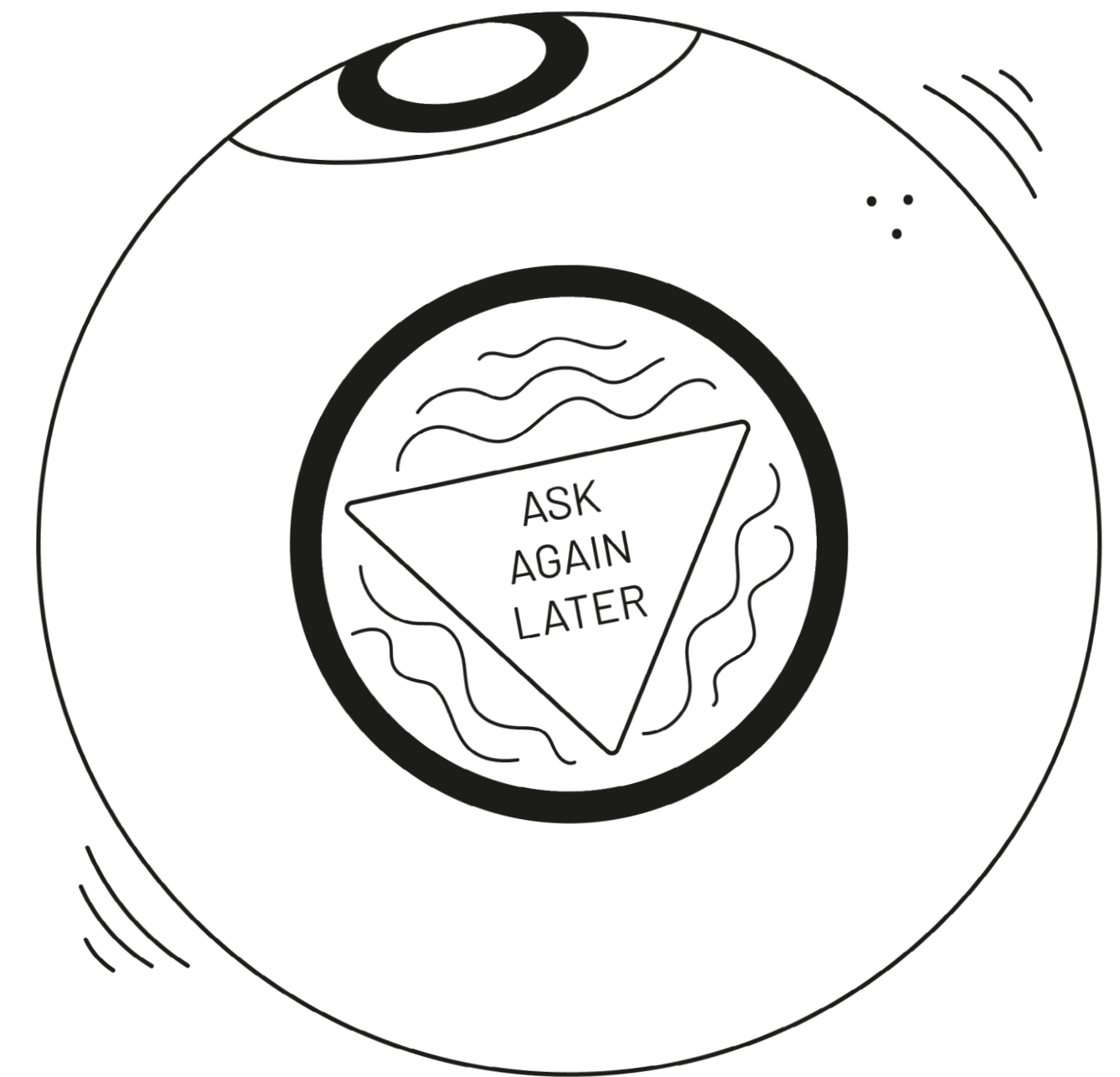
The usual format is for an introductory workshop followed by regularly scheduled sessions.

We will propose a tailored course based on what you need.

Life doesn't provide a script; we're all improvising all day, every day. We usually consider it a negative, the sign of a lack of preparation and control, of a situation slipping out of our hands.

It doesn't have to be. If improvisation is a big part of life, why not embrace it? Why not live in the moment, trusting ourselves and letting go of our fears, and learning how to make the most of what we have to hand?

Improvisation is the skill of using what you have, and of doing more by doing less. Communication, relationships, teamwork – all are at the heart of improvisation, and all can make us more successful in work and in life. In Preparing to Wing It, we learn how to apply them to real life, with less pressure, and more joy.



Improvisation

Multiple lengths
8-12 attendees

Consulting

Building Fearless Workplaces

Areas of focus:

 Autonomy and responsibility

 Ways of working

 Trust and perceptions

 Leadership behaviours

 Use of tech

Whether we speak what's in our mind or not is determined by our fear. Will I be judged, belittled, ridiculed? Or will I be accepted, listened to and respected?

No culture should make its people afraid, yet many do. The good news is that removing fear is a sure fire way to dramatically improve business performance.

We can take the fear out of work by building greater psychological safety, allowing people to give their best selves to their work.

I work with you on the cultural changes that can relieve the fear that doesn't serve, and focus on crafting a culture in which people thrive.

How we do it:



Client Feedback

"Sam ran a wonderful interactive workshop where people were unafraid to contribute and share their own experiences - a testament to his ability to draw people out without fear of embarrassment or repercussions. We would highly recommend him."

Sara Assumani,
Professional Development Executive



"Sam has an infectious energy which gives him an immediate connection with his course participants. He is ceaselessly interactive both in the way his training material is built, and in his delivery style."

Nigel Beard,
Head of Learning & Development

adam&eveDDB°

"Sam's boundless energy and natural flair for storytelling make him an engaging and inspiring trainer. His recent training got 10/10 feedback from attendees who left feeling enthused, more confident and more resilient to the highs and lows of agency life."

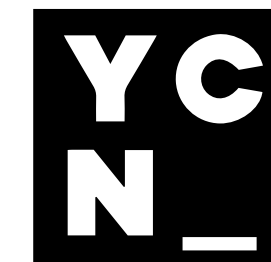
Sinead Gray,
Managing Partner

Kindred 

KARMARAMA



•N•A•B•S•



DISHOOM
FROM BOMBAY WITH LOVE



Participant Feedback

"Best training I've had!"

"Each aspect of the training was very useful. For me, I struggle with responding to issues/colleagues/managers/clients on the spot, so the improv activities were hugely beneficial and great practice."

"I felt totally overwhelmed and questioned whether I was even any good... but after your session I feel completely re-energised."

"Each aspect of the training was very useful. For me, I struggle with responding to issues/colleagues/managers/clients on the spot, so the improv activities were hugely beneficial and great practice."

"Generally thought it was a brilliant training, so refreshing to have a younger, funny, relaxed trainer who made the session feel very personal. Sam made it really fun and therefore more memorable."

"AMAZING"

Hi, I'm Sam.

I am a coach, and the founder of Train of Thought.

I became a coach to help people to find greater joy, success and health when working. I spent a great deal of my career with high stress levels and a lot of anxiety, and saw how it limited my potential. I am working to ensure others don't need to feel the same way.

I spent most of my career in creative advertising, most recently at Mother and adam&eveDDB, two of the most successful agencies in the world. Before that, I earned my spurs at Havas London and Kindred. I worked on a variety of accounts, including Unilever, Samsung, Diageo, GSK, HM Government and Ella's Kitchen. I have run advertising shoots and campaigns from San Francisco to Singapore.

My passion outside of work has always been acting and improvisation. I am a founding member of the improvisation group Banana Hut Gang, and was part of the team and cast that took Choose Your Own... Improv! on its sell-out run to the 2019 Edinburgh Fringe. Having first tread the boards at the age of 10, I currently act for Sedos, one of London's premier amateur theatre companies. The skills from improvisation and acting are a cornerstone of my approach to learning and development.

I believe that if we help people to be their best, we get the best out of them. It's the most worthwhile thing we can do.



Get In Touch

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