

**Jules
Lewis**

Corporate Programmes

· **Custom-Made Programmes** · **Keynote Address** · **Half/Full-Day Workshops**
· **Blended Learning Retreats** · **Corporate Expeditions**

Jules Lewis is a sought after speaker and recognised as one of the finest educational, inspirational and motivational communicators to a female audience. Jules shares personal stories and insights to impact audiences of all sizes. Her **energetic and dynamic** keynotes and workshops inspire and provide tremendous take home value.

With a natural aptitude for speaking Jules excels in creating **total engagement** with her audiences. She draws from her years of educational experience in the personal leadership and development field and is a genuine catalyst of positive change for individuals and companies alike.

Jules will work with companies to **identify, develop and promote leadership**, health and well-being programmes to support women's ambition as part of their development of a **great place to work ethos**. Some clients prefer to have a retreat format for this type of personal development and combine the theory sessions with outdoor activities – these customised sessions can be designed.

The ultimate goal of Jules' programmes is to take a team on a journey to put all the learning's into practice for long term results!



Jules Lewis

• *Mountaineer* • *Speaker* • *Corporate Coach*



21st Century Peak Performance in Business and Life

Keynote Addresses with Jules are a great way to open a company meeting, kick off an away day, entertain and inspire during a corporate dinner, or as part of a longer conference style programme. Typically, these addresses will be between 45 minutes to 60 minutes

Depending on the programme, Jules can tailor make speeches to your needs and covers the following areas of business, leadership and management:

- 🏔️ The Power of Three*
- 🏔️ Women and Leadership
- 🏔️ Leading with Confidence and Courage
- 🏔️ Mindfulness*
- 🏔️ The Warrior Spirit – A Journey Through Mongolia
- 🏔️ Jewels of Antarctica - The Strength and Spirit of Women
- 🏔️ Creating a Compelling Future – Road Maps to Success*
- 🏔️ Unstoppable Confidence in the Workplace*
- 🏔️ Peak Performance and Productivity
- 🏔️ Health and Well Being- Be Fit To Lead
- 🏔️ Beyond Values – Finding Your True North*

* Also see workshops



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21st Century Peak Performance in Business and Life

Half Day and Full Day Workshops or a series of them provide a more intensive learning experience for your executive teams. Jules' workshops allow participants to work more actively on a specific issue or topic and provide a practical learning environment where they can develop skills, resolve problems and develop new techniques and interpersonal skills.

Jules's workshops can be run individually but for the most effective results, as a series. These can be followed up with a period of consultancy with participants taking part in presentations. This approach engages staff and uses reinforcement and repetition to deliver the best results to ensure the participants take the most away from these sessions as possible.

Each session is different but continues the ideas and themes of the series and enforces learning for the long term.

This kind of programme format has a highly successful track record in instigating change in attitudes, behaviours and team dynamics quickly and effectively. The sessions involve a blended learning approach through interactive sessions, role-play, self-exploration and group learning. They can also involve an outdoor physical challenge element to them if required.



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Workshop Topics

The Power of Three

Free Your Mind, Energise Your Body, Nurture Your Spirit of Adventure

A Mountain High code for life based on three core concepts which, when integrated into everyday life bring about:

- 🏔️ Improved performance and productivity
- 🏔️ Balance and clarity in decision making
- 🏔️ Creativity and adaptability
- 🏔️ Optimal wellbeing and ability to manage stressful situations

During the session, participants will identify their own Power of Three and leave with an action plan which they can implement in their daily working life



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Workshop Topics

Finding Your True North

Whether people admit it or not – everyone has personal values – their guiding principles by which they live their lives, manage their teams and run their organisations. Values from an individual's moral compass give purpose to the core of our everyday lives the reason we get out of bed in the morning, the reason we chose our jobs and the way we interact with others.



In this workshop, participants will explore and identify their top core values and reinforce why they are their life's driving force, align these values with that of the organisations and discover their true passion and purpose in the workplace based on their core drivers. They will leave with a powerful action plan to enable them to realise their full potential in their role, as part of their team and the organisation, and to find their True North.

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Workshop Topics Using NLP

Creating a Compelling Future

Vision boards, be they personal, professional or organisational, offer a powerful tool to activate the universal law of attraction. A vision board is a simple representation of the things we wish to be, do or have in our life. Vision boards stimulate the Reticular Activating system (RAS) of our brain to tune into external stimuli that moves us towards our goals and dreams. This is a fun interactive creative session with amazing outcomes. The session includes:

The concept of vision boards – personal / professional / organisational
Creating your own board
NLP visualization technique

Reaching New Heights

A Unique Goal Setting Workshop Using The Mountain As A Metaphor

Are you stuck in a valley?

Ready and waiting at base camp but not ready to take the first step, up at camp 2?

Stuck on a plateau .. almost at the summit?

Are you at the summit and want more ?

This session will:

- 🌄 Identify where you are on your personal and professional mountain
- 🌄 Introduce you to simple yet effective NLP tools and techniques to fast forward your journey to the summit
- 🌄 Empower and inspire you to take confident action towards your personal and professional summits

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Workshop Topics

Managing Stress

There is a huge crisis in the world today that barely gets a mention in the news headlines – STRESS! In today’s fast paced ever changing times, long working hours, information overload, separation from nature, lifestyle diseases, financial instability, social unrest and global warming are being experienced by more people than ever before. Stress is an “equal opportunity destroyer”. During this session we will cover:

The Nature of Stress

Effective relaxation techniques

Effective Coping Skills

Work on designing your own personal relaxation programmes

Mindfulness

Mindfulness training is an active intervention in and changing of the neural networks of our brain in order to change and simplify our patterns of thoughts and actions. This makes us better at responding rather than reacting to our experiences in everyday life. It is the simple way of being present in every moment and face circumstances openly & directly. During this session we will cover:

The Science Of Mindfulness Training

Why Mindfulness? The Benefits Of Mindfulness Training

The 5 Point Body Posture

ABCD – Mindfulness Training In A Nutshell

Implementing Mindfulness In A Busy Work Life

The Top Three Challenges And Their Remedy

The 8 Attitudes Of Mindfulness

The Five Levels Of Measuring The Progress

The Six Sources Of Distraction

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Workshop Topics

Unstoppable Confidence In The Workplace!

“You gain strength, courage and confidence by every experience in which you really stop to look fear in the face. You must do the thing which you think you cannot do”

Eleanor Roosevelt

No matter how much or how little confidence you have you can always have more!

During this session Jules will share techniques, tips and exercises to empower you to be your best confident self and share the beliefs, language and action of confident women. During this session – the following points will be covered:

- ✧ The Four Pillars of Confidence
- ✧ The Language of Confidence
- ✧ Developing bullet proof beliefs
- ✧ Confidence in the workplace
- ✧ Dealing with setbacks
- ✧ Visualization and modelling techniques

This workshop can be tailored to meet the specific areas you / your teams need to focus on.

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Contact Us

For more information on Jules, availability, pricing, custom-made programmes and corporate retreats and explorations, please contact Lucy at Mountain Consulting. Once we understand more about your needs and requirements, we'll arrange a call or meeting with Jules to go through the specifics of your objectives and establish how she can assist your executive group.

We'll propose an appropriate programme and arrange a date and venue to suit your requirements and work with you to build a customised follow-up programme when necessary that fits your long term organisational objectives.

Get in touch today to take the first steps in positive change:

Email us: Lucy@mountain-consulting.com

Call us: +971 50 3534630

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