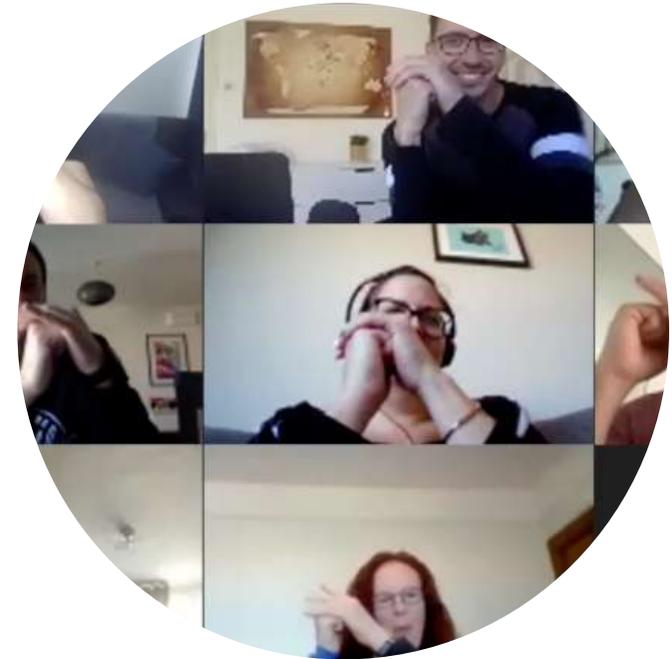




# CM Learning

Changing mindsets. Building skillsets.

Resilience • Relationships • Results



## Development Solutions for Virtual Online Learning

[www.cmlearning.co.uk](http://www.cmlearning.co.uk) | [chris@cmlearning.co.uk](mailto:chris@cmlearning.co.uk) | 07810 407374

# Chris Mooney



*click to connect!*

Chris is based in Bournemouth, Dorset and has built his career around a love of seeing people grow and develop. He has over 20 years experience of delivering results through development and has facilitated immersive online learning for more than 8 years.

After focusing much of his career in financial services, Chris then went on to also support other private sector organisations as well as public sector and not-for-profits since 2012.

Chris helps participants to focus on actions they can take, rather than focusing on what they can't change. Using accelerated and blended learning techniques, His approach appeals to many different styles and makes sure that everyone is included in the learning.

With a natural and friendly facilitation style, Chris is able to easily engage with people so that he can truly personalise their learning. He provides development that is engaging, interactive and challenging with an approach that is innovative yet simple; it's not about the tired models and theories and always about making a difference back at work.

Knowledge and skill alone don't help people to become adaptable and resilient. For Chris, it's just as important to challenge and change mindsets as it is to build the required skillsets.



Chris holds the CIPD Postgraduate Diploma in Human Resources Management and Certificate in Learning & Development. He is also an accredited Clarity4D colour-profiling partner.

The support he provides is grounded, performance enhancing and business focused.



**Why wait any longer to provide practical and supportive development that strengthens mindset and gives your people the skills they need to be successful for themselves and your organisation?**

# Mindset Development

CM Learning makes sure that your people are fully engaged in their online learning and immersed, right from the start.

The range of mindset development options can be delivered as standalone 'bitesize' modules, or packaged together to create your own programme.

Things to do both before and after the learning helps to make the sessions focused and practical.



Can be delivered as:  
Standalone modules, mix and match or  
build your own programme  
Module length 90 minutes



Click to watch  
a complete  
online session!

*Click any of the  
modules to find  
out more!*



<h3>Managing Change</h3> <p>Reflect on personal responses to change, identify triggers and ways to more successfully manage it.</p>	<h3>Building Resilience</h3> <p>Understand what true resilience is and share healthy coping mechanisms to replenish 'bouncebackability'.</p>	<h3>Mindful Communication</h3> <p>Learn how to communicate with others, truly listen and <i>hear</i>, and have the difficult conversations when they arise.</p>
<h3>Remote Team Working</h3> <p>More teams are working remotely, presenting a unique challenge in how they keep in touch and stay connected.</p>	<h3>Working from Home</h3> <p>A strong mindset with a dash of willpower is needed to be productive and motivated when working from home.</p>	<h3>Virtual Teambuilding</h3> <p>Even though a team may not be physically together, they can and should still take time to build a team community.</p>
<h3>Having a Growth Mindset</h3> <p>Why a growth mindset is so vital in today's changing world and how to develop one with time, focus and commitment.</p>	<h3>Controlling Focus &amp; Energy</h3> <p>Take time to switch off auto-pilot and make a conscious choice of where to focus energy for a healthier mindset.</p>	<h3>Owning Your Development</h3> <p>When we feel empowered we feel more in control. No more so than when we are controlling our own development.</p>

# Colour Profiling

**Build self and team awareness with a programme that has colour at the core with detailed and individual personality profiling.**

CM Learning is leading the way with a programme specifically targeted at helping your teams to understand themselves and each other for enhanced resilience, relationships and results.

- Resistance to change?
- Conflict in relationships?
- Managing a team remotely?
- Broken down communication?
- Selecting and keeping good people?
- Distance between remote teams?
- Improving productivity?
- Inefficiencies of missed deadlines?
- Ineffective meetings?

## Development focuses on:



Can be delivered as:

A 12 week programme with regular check-points, learning and time to embed  
Module length 90 minutes

Click to find out more!

Helping your teams to understand themselves and each other for enhanced resilience, relationships and results

'Discover yourself in

**COLOUR**



 CM Learning



[www.cmlearning.co.uk/colour-profiling](http://www.cmlearning.co.uk/colour-profiling)

*Find out more here*

# Pricing for Online Delivery



	Half Day	Full Day
<b>Learning design</b>	£330	£660

	1 session	2 sessions	3 sessions
<b>Facilitation</b>	£595	£995	£1,395

<b>12 week Colour Profiling Programme</b>	<p>£2,795</p> <ul style="list-style-type: none"> <li>• 6 online sessions</li> <li>• Includes personality profiling costs</li> <li>• Maximum group size of 15 people</li> </ul>
---	--

<b>Coaching</b>	<p>£325 per coaching session</p> <p>£845 per day of coaching</p>
-----------------	--



**Sarah Christian** • 1st  
Head of Reward and HR Services  
19m • 🌐

Just joined a virtual learning on managing our mindset demons with [Chris Mooney \(CMCIPD\)](#).

A fantastic session particularly during this difficult time. Some great thoughts on what we can control and how to rewire our mindset in a positive way.

Thank you Chris.



**Shaun Beck** • 1st  
Inspiring Passion, Igniting Action | Leadership Impact Coach | Facilita... 1d ...

Great session! Thanks Chris :)

# Pricing for Personality Profiling

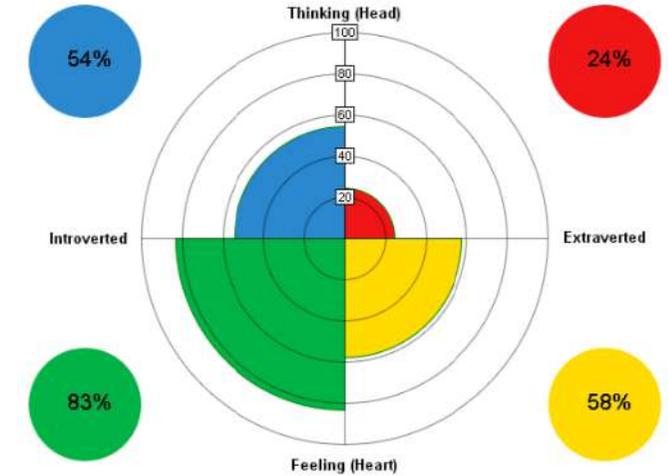
## Profile Costs

Personal Profile	Team Profile (Includes 'personal' chapter)	2D Profile (how others view you)
£50	£65	£50

<b>1-2-1 Profile Debrief</b> (delivered by 1 hour video call)	£250 per debrief
--	------------------

## Team Profile Discounts

From	To	Price per profile
1	24	£65
25	49	£55.25 (15% discount)
50	149	£52 (20% discount)
150	499	£48.75 (25% discount)
500+		£39 (40% discount)



# Client Testimonials



Chris brings an incredible clarity, energy and sense of humour to what he does. He is also very supportive and has a great awareness of areas that might feel challenging, but at the same time pushes you enough out of your comfort zone to make real progress. I've gained incredibly useful skills that have and will make a big difference to my working life. A really positive experience that I have wholeheartedly recommended to all of my colleagues!

**Kirstin Sibley, Creative Projects Manager**

Thank you - a truly fabulous day! Full of fun, reflection and understanding each other.

**Hollie Swift, Group Compliance Director**

The feedback for the workshops was extremely positive. This was a very new approach for a number of the delegates, who were initially sceptical about developing behavioural skills via virtual online learning. This has now changed mindsets and I will definitely use this method and approach again.

**Michelle Vaughton, Head of Learning & Development**

We have used Chris' services to really help some of our new teams gel, understand one another in more detail and to form a team bond. After the first time, we kept on coming back for more and I genuinely believe this is testament to what Chris does on a day to day basis. It would be easy for him to do the ground work and facilitate the event, then disappear but the support is ongoing and he continues to help the teams grow beyond one event. It's great to work with Chris and see how he gets a team energised so quickly. I have no doubt I will be back for more soon.

**Derek McWinnie, Head of Customer Care**

Chris is professional, friendly, engaging, welcoming and positive. His session could not have gone better. Everyone had the best time and the feedback was incredible. He is truly an inspiration and it's not everyday you come across someone so passionate about their work. It was a breath of fresh air and I will be applying everything I learned to help me in my role.

**Holly Excell, Business Development Manager**

## Clients have included...

Zurich  
Deutsche Bank  
Close Brothers  
Starr Insurance  
Old Mutual Wealth  
Canopus Insurance  
Sun Life Financial of Canada

EE  
Vitality  
Farrow & Ball  
Nucleus Global  
John Hodge Solicitors  
University of Southampton  
Stonewater Housing Association

## Sectors

Financial services  
Pharmaceuticals  
Legal services  
Not-for-profit  
Public sector  
Telecomms  
Education



[www.cmlearning.co.uk/testimonials](http://www.cmlearning.co.uk/testimonials)



The best time to plant a tree was 20 years ago.  
The second best time is today.

If you're ready to help your people to change their mindsets and build their skillsets, get in touch.

Chris Mooney Training Ltd  
[www.cmlearning.co.uk](http://www.cmlearning.co.uk)  
[chris@cmlearning.co.uk](mailto:chris@cmlearning.co.uk)  
 07810 407374