

## Case Study for Alchemy

PR Director, London

Before attending days 1-6

*How confident would you describe yourself to be?*

At work I repeatedly have to put myself in situations where I am in uncharted waters and need to remain confident and calm under pressure. I would say I am a reasonably confident person but often find some of these situations push me outside my comfort levels. I also need to do public speaking which I am not confident at all about and get visibly nervous doing. As a result, there are certain things (like public speaking) that I just will not try as I feel I know from past experience that they will be a disaster!

*What would you say holds you back most in life about the way you approach things?*

As a working mother of two, not stopping long enough to properly understand a situation or listen to the people around me. I run at full speed all the time and therefore can often make assumptions as to someone's sentiment and the full extent of a situation had I stayed longer to hear or think about it.

I would also say that my confidence holds me back. I know that people just like me get up and speak in public and just keep going with the things they find daunting and seem to eventually succeed but I just cannot seem to do it myself!

Continued...

## After attending days 1-6

*After attending the course, what potential can you see for this course in helping you in your work and personal life?*

I think the course has made me look at communication in general, differently. Over the course of the days, I was able to discuss and understand the crucial points of interaction that are relevant to my work, my home life and children. Many of the limitations I have placed on myself are of my own doing and it has helped to come away with questions that I ask myself in challenging situations to produce a much more rational outcome! One aspect I particularly enjoyed about the course was meeting a range of other people from completely different jobs, comparing their observations and working as a group to understand.

*Do you think it is time well spent?*

I valued the fact that the course was spread out over 6 separate days as I feel that if I had learned all this in one go, I would not have taken nearly as much in. The gaps between the days enabled me to practice and think about how the course was relevant to me. I found days 5 and 6 a particularly interesting culmination of the course.