



THE WOMEN'S VAULT

Case Study

The Vault Insightful U Training Programme

Themes covered: Personal branding | Achieving goals | Confidence | Trust | Leadership | Coaching | Self mastery | Pathways to promotion

Background: 3 Monkeys is a global creative communications consultancy. The Vault was appointed to develop and deliver three bespoke training programmes for three different cohorts (each including around 35 participants), including one for the Management and Leadership Team. Training for each cohort ran over either four or five weeks, with weekly sessions for each. Each cohort covered a different variety of topics, depending on what was deemed most beneficial to the group.



Program inclusions:

- One training session per week over four or five weeks.
- Training sessions were 60 - 90 minutes (depending on cohort).
- Supporting worksheets and resources to explore topics further.
- Recording of each session for participants to return to.
- Olivia ran 'open door' sessions weekly on Zoom, where each participant was given the opportunity to meet in a confidential coaching capacity.

About The Vault

The Vault exists to be a driving force for gender equality, empowering people to find confidence, overcome imposter syndrome and have fulfilling careers throughout their lives. We do this through corporate workshops and coaching, keynote speeches, inclusion and diversity strategies and toolkits for working mothers. We support women and men at an organisational and individual level.



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About Olivia Bath

Olivia Bath is a qualified Coach, Executive Advisor and award winning communications specialist. She specialises in confidence, imposter syndrome and leadership training and coaching. Olivia has helped hundreds of people globally, and delivered workshops to companies including Nomura Investment Bank, Simply Business Insurance, Woodside Petroleum and has spoken at the Pregnant Then Screwed Festival of Confidence. Her individual clients work at companies such as NHS, Amazon, PwC, Nuffield Health and leading law firms. She currently provides Executive Advisory to a global pharmaceutical company, alongside coaching and training.

Contact:

If you are interested in a similar coaching programme, or something bespoke for your business, please get in touch:

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