

TRAINING AND FACILITATION



Tania Le Marinel is an experienced trainer, presenter and facilitator. With more than 20 years' experience as a senior manager in large blue chip organisations, Tania has delivered workshops and training sessions to employees in the private and public sector and has presented at large conferences in both the UK and Europe. Tania regularly delivers presentations at business events and seminars and regularly appears as a motivational speaker for community groups and women's organisations.

Tania is a confident and experienced trainer and delivers off-the-shelf and bespoke training to employees at all levels including:

- Coping with and preventing stress
- Emotional resilience
- Managing change
- Workplace health and wellbeing
- Carrying out appraisals



These practical workshops are fast-moving, interactive and include practical tips and advice which employees can immediately take back to use in the workplace.

Tania also works as a facilitator to enable groups to work co-operatively and more effectively. Tania provides guidance and structure to these meetings and suggests practical strategies to encourage groups and teams to make high quality decisions and support others to achieve exceptional performance. Full participation by all delegates is encouraged to promote mutual understanding and develop a sense of shared responsibility for achieving results.

Tania is available as a guest speaker for presentations, seminars, events and groups covering topics such as health and wellbeing, life planning, life coaching, motivation and lifestyle management.

Workshops can be tailor-made to suit specific requirements and budgets and are suitable for all organisations. To discuss training and facilitation opportunities or to invite Tania as a guest speaker at your event, please email tania@tmpcoaching.co.uk

