

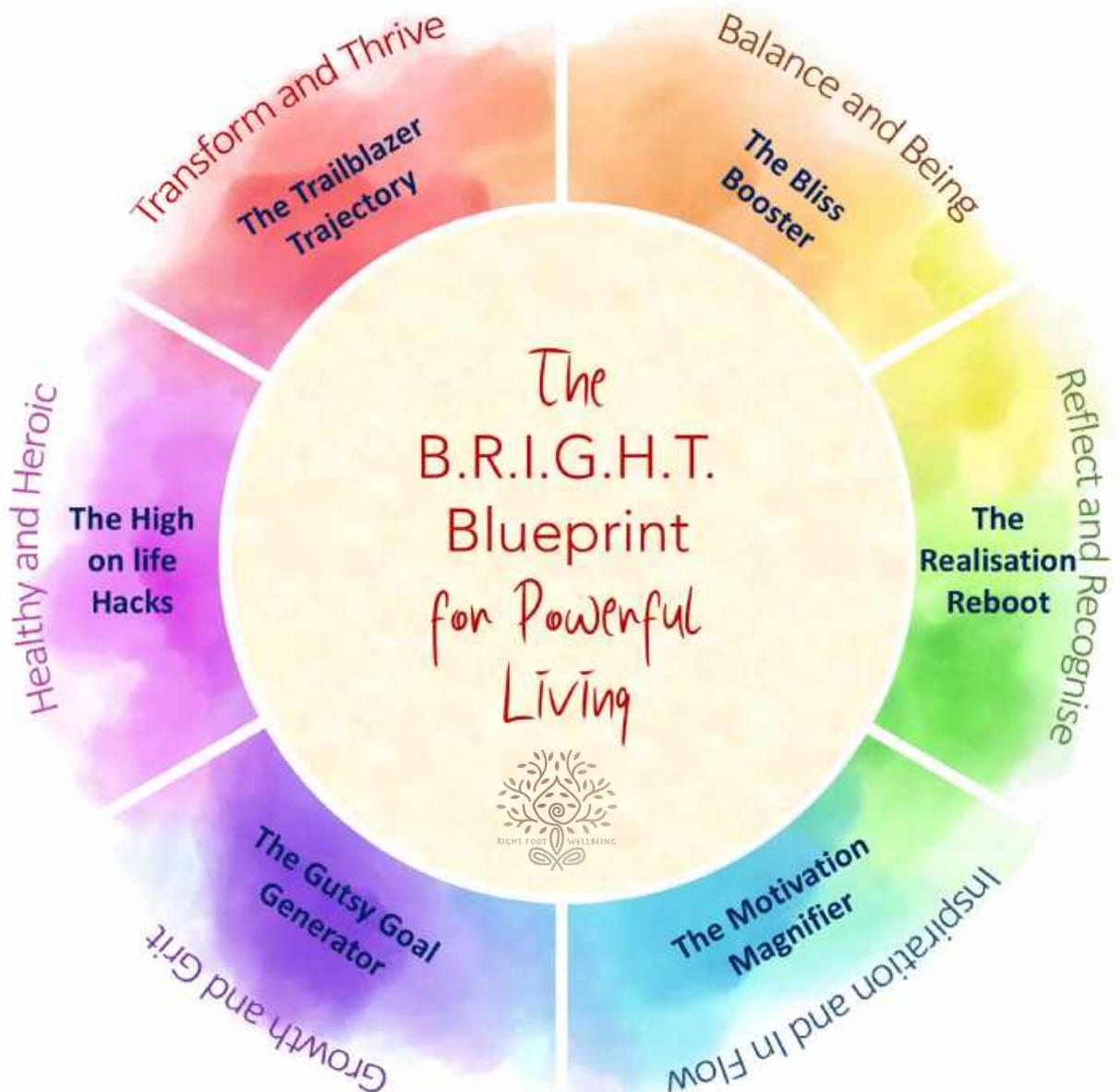
A photograph of a man and a woman laughing together outdoors. The woman is on the left, leaning towards the man on the right. They are both smiling broadly and looking down at something they are holding together. The background is a bright, slightly blurred outdoor setting, possibly a field or park. The text 'How to live powerfully' is overlaid in a large, elegant, black cursive font across the upper half of the image.

How to live powerfully

Six systems for
greater resilience and wellbeing



The B.R.I.G.H.T. Blueprint





Welcome

The world will never be the same again and we need strong, healthy, resilient people to create positive, thriving cultures in life, business, NGOs, hospitals, prisons, schools and governments.

The BRIGHT Blueprint for Powerful Living™ is a complete system that delivers the building blocks to greater wellbeing, strengthens resilience and supports the development of new, positive habits. With an emphasis on the latest scientific research, it is designed to give people renewed vitality and energy, a desire to empower themselves and become capable contributors in every aspect of their life.

Today, supporting resilience and wellbeing at work is not a benefit reserved for trendy fintechs but essential life support for business continuity and the bottom line.

Psychologists define resilience as the process of adapting well in the face of adversity, trauma, tragedy, threats or significant sources of stress. However, if a person lacks the social, mental, emotional, physical and spiritual knowledge, skills and tools to be resilient this will lead to sickness, depression and unhealthy coping mechanisms to deal with life's challenges.

The BRIGHT Blueprint for Powerful Living™ is a holistic, blended-learning programme comprising of six half-day elements. The series pulls together the latest scientific research, best-practise thinking with 'lived' experience around resilience and wellbeing and provides practical and easy to apply tools and techniques, delivered in a memorable and creative ways. **The focus is on holistic life skills that cover the social, physical, mental, emotional and spiritual aspects to resilience and wellbeing. When elements of our life are out of balance or under-developed, our wellbeing and resilience becomes fragile. The programme will create meaningful and lasting change, supporting an individuals way of being in all aspects of their life.**

If you are concerned about the resilience and wellbeing of individuals in your company or would like your teams to be more adaptable with clear purpose, quick and confident so they can bring their best selves to work, then this programme may be for you.

What you will learn



The Bliss Booster ™ | Balance and Being

Feeling stressed and overwhelmed? Life feeling too fast? Not sure how to prioritise?

The Bliss Booster will give you the Meditation, Breathing and Mindful movement techniques that will support calm, creativity, self-compassion and insight

The Realisation Reboot ™ | Reflect and Recognise

Not sure how you arrived at this point? Feeling out of control? Wondering why you agreed to do more than you can manage- again? Struggling with negative self-talk?

The Realisation Reboot will give you a road map to uncovering where you are now, where you want to be, what might be stopping you from living the life you want and why you may struggle with saying 'no' to yourself and others.

Motivation Magnifier ™ | Inspiration and In Flow

Finding it hard to find your purpose? Not sure what motivates you any more? Lost energy and focus?

The Motivation Magnifier focuses on your Why and then makes a plan. It a fun and creative journey that leads you to a greater understanding of your purpose and what is important to you, where you want to be and what you will need to access within yourself to take the next step.

The Gutsy Goal Generator ™ | Growth and Grit

Do you have a vision for your life? If no, would you like one? And if yes, do you struggle to find the right time to turn your ambitions into clear goals and plans? Or maybe you have the vision, goals and plans but something is holding you back?

The Gutsy Goal Generator develops your courage, vision, goals and plans by giving you the tools and techniques to take the next steps towards your realising your dreams.

The High On Life Hacks ™ | Healthy and Heroic

Do you want to feel healthier but feel overwhelmed with all the conflicting guidance out there?

Would you like a simple, practical approach to help you achieve your Physical health goals?

The High On Life Hacks breaks down the latest evidence based approaches to nutrition and exercise and gives you simple and effective ways to implement healthy habits and stay away from sabotaging behaviour.

The Trailblazer Trajectory ™ | Transform and Thrive

What do you really need to do to ensure a successful outcome? Have you the people around you that encourage, listen and support you? Do you relish solving problems or hope they will go away?

The Trailblazer Trajectory gives you the tools to help you build positive networks, ensure you are able to recognise fear from fantasy and help you understand ahead of time what maybe your personal challenges to becoming your own trailblazer.

Programme Highlights

- **Powerful Meditation and Mindfulness practices for calm, creativity and insight**
- **Breathing techniques for clarity and vitality**
- **Proven techniques to reduce stress and overwhelm**
- **Helpful templates for reflection, life planning, health and transformation**
- **Your BRIGHT Blueprint personal assessment and Action plan**
- **1 hour Personal Transformation and wellbeing coaching**

The Right Foot Story



Dinah has spent the past 20 years helping people change, find wellness, balance and purpose. A holistic approach, deep knowledge and an uncommon gift for insight distinguishes her work, which has profoundly influenced the course of change for some of the world's leading organisations. Yet Dinah's passion is for individuals, and the wonderful potential to be unlocked once we find true calm and focus.

- Leading practitioner in change through wellness for people, teams and organisations
- Influential voice in change management and transformation coaching and mentoring — positively impacting thousands of people across 32 countries
- 20 years' board-level consulting experience in change management and strategy for clients such as Linklaters, Herbert Smith Freehills, RELX, Barclays, Lloyds, HSBC, RBS, Dunhumbly, Vodafone, Cable & Wireless, TUI and Capita
- Unique approach to integrated personal wellness — combining corporate change knowledge with deep expertise in Coaching, Kinesiology, Zen meditation, mindfulness and yoga
- Practices in Mayfair, The City and West London



"We're much better able to envisage the life and life changes we want to make when we are in a creative, relaxed and open state."

Happy Clients

"Dinah is a complete one off and a total breath of fresh air. I've never worked with anyone quite like her as she combines broad strategic thinking with deep empathy"(Mr A.B. Corporate)

"Dinah has a natural ability to really understand the cultural and business nuances that can positively or negatively affect change and this, along with high energy, effective leadership, immaculate interpersonal skills and emotional intelligence, contribute to her trail of success wherever she goes." (Mr L.B. Corporate)

...."I first went to Dinah because I had a major life changing eventIt's been an amazing and pleasurable experience. The outcome is my business is expanding, I am in control, I am happy and I have goals on a personal and professional level that I never thought that I would have again". (Ms AD, Private)

"Dinah's been invaluable as a mentor as I've launched my own business - and I truly value her advice, expertise and ability to put things into perspective. I can't recommend Dinah highly enough, and look forward to working closely with her throughout the rest of my career" (Mr J.P. Private)