

Issued 3 times a year, the Be... Newsletter  
Designed to provide general information and updates with respect to  
both the business and in those specialist areas relevant to delivering a  
professional service.  
To introduce Be... and to keep in touch.

# Be...

Year 2018 Winter Edition 3.1.1

[www.be-learningdevelopment.co.uk](http://www.be-learningdevelopment.co.uk)

Providing Seminars, Workshops and Interventions:

Personal Development – Management Development – Supporting & Working with Others



## Announcement

### Prices Held!

As we transition into the 2018/19 financial year I am pleased to announce that 2017/18 seminar rates are to remain unchanged.

Rates have been described as 'representing excellent value for money' and so in these uncertain and difficult times for business and organisations I hope this item of news will be helpful to all customers.

### Snapshot of Forthcoming Activity: Inter-Related Seminars

- Resilience: Having Difficult Conversations and Giving Bad News
- Dealing with Difficult People

Dear Reader



Once again it is a pleasure to bring you the latest edition of the Be... Newsletter. This year the business moves into its 6<sup>th</sup> year of trading. It has been a privilege and a pleasure to work with so many different people from across the country and from abroad. As the business approaches its birthday it has been great to be invited to provide proposals for new clients and looking forward to completing bookings with existing customers. As always, if you would like to discuss any aspect of service delivery, please do not hesitate to contact me. Wishing everyone a great year ahead. Jacqueline

### Business News



**TO THE POINT** Since the last newsletter, the launch of the book, Bullying and Harassment has taken



place. It has been well received and described as 'A really practical read – very helpful' In addition to the excitement of the book launch it was very positive to see that Resilience A Choice for Everyday Living, is now catalogued in the British Library (with the same pending for Bullying and Harassment of Adults). Both books are retailing across websites including, Amazon, Blackwell's, Waterstones and the Telegraph Bookshop. They can also be obtained for only £9.99 with free P&P by going direct to the Be... website

## Focus on...

### Seminars/Workshops Dignity, Bullying and Harassment

An area of work delivered through Be... includes Respecting Dignity, Harassment and Bullying. Support has been provided for teams/groups to address particular issues and for larger groups in general. Here are some miscellaneous tips for leaders, managers and teams towards eliminating bullying and harassment:

- Keep a 'weather eye' and be alert to the warning signs
- Model the way – 'walk the talk'
- Act with integrity and respect
- Ensure all leaders, managers and teams receive appropriate training
- Employ and act on a 'zero tolerance' policy
- Provide access to wellbeing, counselling, mediation services

## What's new

While preserving the confidentiality of clients etc. (as appropriate), the Be... Website, Facebook Business Page and WordPress have been updated with different photographs to bring the Be... story alive to clients and give a flavor of the business.

## Finally,

I'm no film critic like Mark Kermode but I do draw inspiration from the world around me including a love of going to the cinema. Some of you may have read my blog about Learning through Film (link shown below). Two films that I enjoyed, and readers may find interesting:

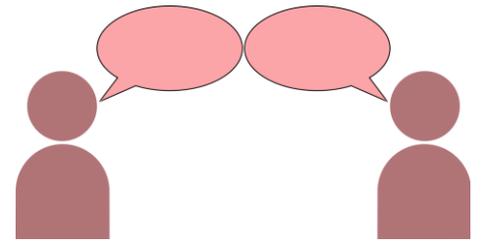
- **The Post:** As well as considering the moral issues surrounding the release of the Pentagon Papers, this film throws a spotlight on the sexism experienced by one of the main characters and of a woman making choices while balancing different roles.
- **The Darkest Hour:** Centered around Winston Churchill. Includes issues related to the stresses of decision making, working with others and personal resilience.

<http://www.be-learningdevelopment.co.uk/blog/2015/01/29/Movie-Extras-Learning-through-film.aspx>

To finish on Churchill, and regarding the focus at the top of the page on dignity, bullying and harassment:

***"It is easier to break crockery than to mend it"***

Churchill



## Q & A

**Q. Where else can you find updates, information and blogs posted by Jacqueline Mansell & Be...?**

**A.**

- The Official Be... Website
- LinkedIn
- WordPress
- Facebook Page
- Pinterest
- Twitter

## Facts and Figures

The most popular Be... topics booked by customers during recent months:

1. Influencing Skills
2. Resilience: Ways to Strengthen and Sustain Personal Resilience
3. Mentoring Skills

