

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 Summer/Autumn Edition 3.3.1

www.be-learningdevelopment.co.uk

Providing Seminars, Workshops and Interventions:

Personal Development – Management Development – Supporting & Working with Others

Dear Reader

Once again, I am pleased to bring to you the latest Be... Newsletter. This year has gone by so quickly and has seen the creation of new business relationships and the opportunity to work in new sectors and regions. It was also very exciting this summer to receive a request to be part of a delivery team for a collection of briefings to be held at the Shard. As always, whether an established or new customer, if you would like to discuss any aspect of service delivery or make a booking, please do not hesitate to get in touch. Plus, don't forget that you can also reach me and see regular posts via other social media platforms including LinkedIn and the Be... Facebook Business Page.

Jacqueline



Business News

Yet again, it was a pleasure to visit Westminster for a Cross Party Parliamentary reception. Attendance had arisen out of delivery of a variety of seminars built around both intra and interpersonal skills. Despite the heatwave and it being an exceptionally hot evening, it was a real pleasure talking to people delivering different services within the public sphere including representatives of NALC (National Association of Local Councils), the Municipal Journal and the Portman Group.



Main Picture: Rishi Sunak MP Parliamentary Under Secretary of State at the Ministry of Housing, Communities and Local Government



For Information

Did you know...

Not all stress is bad: Eustress (Hans Selye) is the name given to those experiences that can be challenging but at the same time are enjoyable or provide us with hope. The difficulties arise when the challenge becomes too great and creates a tipping point. So, in the meantime enjoy those scary films, surprise birthday parties, the excitement of a sports fixture but as the adverts say 'When the fun stops, stop!'

Adapted from

Resilience A Choice for Everyday Living

TO THE POINT

A Snapshot of Some Forthcoming Activity: Seminars with Inter-related themes

- Interpersonal and Group Cohesion
- Strengthening and Sustaining Personal Resilience
- Influencing Skills
- Dealing with Difficult People

Focus on...

British Psychological Society Conference

It is important that in providing relevant and up-to-date programmes for customers that I maintain my own knowledge and skills within the fast-moving disciplines that make up service delivery. Therefore, attendance at the British Psychological Conference held at Birmingham City University was a great opportunity towards meeting this objective. It was a fast-paced event and I attended 16 talks and presentations. One of the sessions concerned **Social Identity Leadership**. The main message for managers and leaders being that it is important to work with different identities within the team rather than against them. The model presented had three key strands:

- **Reflect:** Understand the team, their identities and core values
- **Represent:** Role model the team's values when making decisions on behalf of the team members
- **Realize:** Put into place those things that are necessary to realizing the vision of the team

The benefits of this approach were identified as people being more likely to trust the leader and go above and beyond for the group.

Finally,

Did you know there are many different branches of psychology including?

Social Psychology studies how emotions, thoughts and behaviour is affected by other people

Bio-Psychology, the effects of the brain and nervous system etc. on emotions, thoughts and behaviour

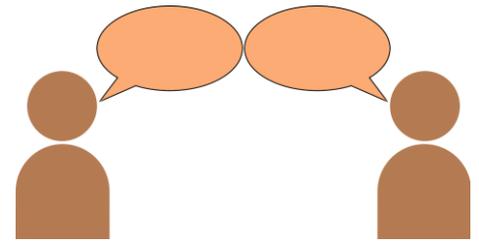
Cognitive Psychology explores mental processes such as memory and problem solving

Developmental Psychology examines how and why people change over the course of their lives

Health Psychology looks to promote wellbeing

Organisational Psychology which is the science of behaviour in the workplace and other organisations

Educational Psychology is the study of learning



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

Have you seen...

The Be... website, LinkedIn and the Facebook Page* have all been refreshed with additional content to improve user experience.

***A note about the Facebook Business Page name.**

The business page is to be found under the name Jacqueline Mansell. Unfortunately, FB conventions meant that it could not accept the ... (ellipsis) as part of the Be... header.

