

Off The Shelf Learning & Development Prospectus

CCS DPS RM6219 APPROVED SUPPLIER

*PRACTICAL DEVELOPMENT FOR RESILIENT, HIGH-PERFORMING
TEAMS.*



About Beam

Beam is a UK-based leadership, learning and organisational development provider delivering practical, evidence-informed training to public and private sector organisations.

With extensive experience supporting operational teams, leaders and high demand environments, Beam specialises in strengthening capability, resilience and performance in complex settings.

Beam is an approved supplier on the Crown Commercial Service Learning and Training Services DPS (RM6219), enabling public sector organisations to commission services compliantly and efficiently.

Our Focus

We design and deliver learning that supports:

- Leadership capability
- Workforce resilience
- Emotional intelligence and regulation
- Psychological safety
- Communication and team effectiveness

Our Approach

Beam's delivery style is:

- Practical and application-led
- Engaging and psychologically safe
- Grounded in psychology and behavioural science
- Designed for measurable impact
- We prioritise tools that translate directly into day-to-day operational effectiveness.

Delivery

Available UK & Internationally via:

- In-person workshops
- Virtual sessions
- Blended programmes
- Structured development pathways



Why Choose Beam Through CCS DPS?

As an approved supplier on the CCS Dynamic Purchasing System RM 6219 you get the reassurance of working with Beam as:

- An experienced training provider to government and civil service organisations
- Using a compliant procurement route
- Accessing scalable delivery and flexible adaptation
- Fast mobilisation
- Full compliance (insurance, Cyber Essentials, References etc)

CONTACT US

To discuss your organisations needs please email us:
office@beamtraining.co.uk



DELIVERY FORMATS:

In-person | Hybrid | Online
From £550
12-100+ delegates
UK & International

About Off The Shelf Training (OTS)

Off The Shelf Training (OTS) is our curated portfolio of ready to deliver professional development courses available through the Crown Commercial Service Learning and Training Services DPS (RM6219).

Each course has been carefully designed to address common capability needs across public sector teams, enabling organisations to access high quality, structured training without lengthy design lead times.

Flexible by Design

Although these courses are 'off the shelf', they are not rigid.

Each can be:

- Contextualised to your organisation
- Altered in duration
- Delivered as part of a wider programme
- Combined with coaching or follow-up sessions

If you require something fully tailored, bespoke programme design is also available.

LEADERSHIP & MANAGEMENT



£8950

LEADWELL

Six session (18hr) blended leadership development programme building resilience, emotional intelligence, communication confidence and sustainable leadership capability.

>15 DELEGATES

£4475

STANDING STRONG

9 hour leadership programmes especially designed for those leaders who carry emotional labour. Focuses upon boundaries, difficult conversations, stress management and more.

>15 DELEGATES

£4475

LEADING WITH STRENGTH

9 hour leadership programme for senior leaders and heads of department. Building leadership presence, credibility, communication and decision-making capability

>15 DELEGATES

£1595

SAFE TO SPEAK (PSYCHOLOGICAL SAFETY)

A half day workshop focussed on building trust, openness and safe team cultures to strengthen leadership effectiveness and team performance.

>25 DELEGATES

£1595

MANAGING CONVERSATIONS

DIFFICULT

Half day workshop exploring difficult conversations, understanding why we avoid them and developing and practicing science-backed frameworks to handle feedback, emotional reactivity and nuanced conversations.

>25 DELEGATES

WELLBEING & PERSONAL DEVELOPMENT

£8950

PERSONAL RESILIENCE PROGRAMME

Six session blended personal resilience programme tackling resilience, emotional intelligence, mindset, resilience frameworks and more to create strong and resilient individuals.

>12 DELEGATES

£2650

RESILIENCE MASTERCLASS

Full day (or 2 half days) workshop offering science-based tools to build resources, manage pressure, prevent burnout and sustain performance

>25 DELEGATES

£1595

THE STRESS RESET

Experiential half day session explaining the neuroscience of stress, our stress responses, how to improve our tolerance to stress and practical stress reductions tools and techniques.

>25 DELEGATES

£1000

MOVING THROUGH STRESS

A 2 Hour workshop that explains the impact of stress on our brain and body, our threat response (or "our inner chimp") and how to handle stressful situations.

>25 DELEGATES

£1000

CREATING HEALTHY BOUNDARIES

Boundaries are essential to avoid stress and burnout. This 2hr workshop explores healthy and unhealthy boundaries and explains how to implement the good ones.

>25 DELEGATES

£550

UNDERSTANDING WORK PLACE LONELINESS

An important workshop on the science and psychology of loneliness. Understand the different types of loneliness, how loneliness impacts our cognition and how to help yourself and others.

>100 DELEGATES

WELLBEING & PERSONAL DEVELOPMENT

£1000

TACKLING YOUR INNER SABOTEUR

Learn how self sabotage shows up, why you may be avoiding success as much as failure in this 2hr workshop. With practical tools and frameworks to tackle your own inner saboteur.

>25 DELEGATES

£550

OVERCOMING MICRO STRESSORS

A one hour workshop looking at how small stressors can have a big impact! Learn practical techniques to identify and reduce small but impactful stressors.

>100 DELEGATES

£550

THE PURSUIT OF KINDNESS

This one hour workshop focuses on a very important topic. Explore how kindness can strengthen workplace culture and foster stronger teams with practical science-backed examples.

>100 DELEGATES

£550

THE BIG 5 OF SELF CARE

Understand why self care is more than bubble baths and massages. Explore five core pillars of self-care, including sleep, movement, and nutrition in this one hour transformative workshop.

>100 DELEGATES

£1000

YOUR CONFIDENCE BOOST

Empower participants to break free from limiting beliefs and build authentic intrinsic confidence in this 2 hour interactive and engaging workshop. Learn how our confidence get broken and how to restore it.

>25 DELEGATES

£1000

YOUR RESILIENCE BOOST

An engaging 2 hour workshop looking at the importance of resourcefulness within resilience. The session explores and offers practical tools to build resources and deepen resilience.

>25 DELEGATES

WELLBEING & PERSONAL DEVELOPMENT

£1000

UNMASKING SYNDROME IMPOSTER

Understand how imposter syndrome can show up, why more than 70% of us can experience it and importantly how we can manage our own inner imposter to create powerful results.

>25 DELEGATES

£550

PREVENTING WORKPLACE BURNOUT

This one hour workshop looks at the real issue of burnout. Understand how burnout manifests. Identify burnout signs early and implement preventative measures.

>100 DELEGATES

£550

EMOTIONALLY HIJACKED

In this one hour workshop delegates will understand how they can better manage their responses. They will leave with tools to regulate in real time using neuroscience and somatic practices.

>100 DELEGATES

£550

THE SCIENCE OF STILLNESS

Understand and rediscover the importance of stillness with compelling scientific theory combined with mindful, meditation and relaxation techniques. A powerful one hour session.

>100 DELEGATES

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Designed for Impact

Every one of our programmes, courses and workshops is created by experienced psychologists, therapists and coaches ensuring that every course is:

- Outcome led
- Practical and application-focused
- Psychologically safe
- Grounded in psychology, behavioural and organisational science
- Built to translate learning into day-to-day performance
- Filled with practical tools that delegates can apply and use immediately.

Examples of Other Topics We Deliver On:



EMOTIONAL INTELLIGENCE

Your Emotional Intelligence Boost: Develop self-awareness and interpersonal skills for better relationships.

Cultivating a Growth Mindset: Foster adaptability and resilience for lasting success.

The Connection Cure: Build meaningful relationships in an increasingly disconnected world.



STRESS & BURNOUT

Beyond Burnout: Explore the hidden emotional cost of high performance and how to recover.

Dealing with Boreout: Understand and overcome disengagement in the workplace

Grounded & Unshakable: Practical tools to feel safe, centred, and steady, no matter what.



WELLNESS & SELF CARE

Self-Care for Men's Health: Focused techniques to address unique challenges faced by men

Functional Breathwork: Leverage breathwork techniques to improve focus and reduce stress.

Nervous System 101: A beginner-friendly guide to inner regulation and stress resilience.



LEADERSHIP & TEAMS

Think Again, Challenge Your Hidden Bias: Understand the neuroscience of bias and how we can identify our own.

Emotionally Intelligent Leadership: Equip leaders with skills to manage emotions and inspire teams.

Flourishing After Failure: Redefine setbacks as springboards for growth. How to normalise failure, reflect wisely, and rebound with growth.



PRICES FROM £550

Bespoke sessions from 12 delegates to +100 delegates. UK & Worldwide

IN PERSON, HYBRID & ONLINE DELIVERY

Built Around Your Organisation

While our catalogue offers proven, ready-to-deliver courses, many organisations choose to work with us to create tailored development programmes aligned to their strategy, culture and operational challenges.

This enables you to get the training your team specifically needs to ensure it is impactful, cost effective and timely.

We help organisations with bespoke training to ensure:

- Culture change support
- Leadership pathways
- Civil service specific adaptation

If you require something fully tailored, bespoke programme design is available and we would be happy to chat.

CONTACT US

To discuss your bespoke needs please email us:
office@beamtraining.co.uk

Contact

For further information, course outlines (including objectives and outcomes for each course), or to discuss your organisations bespoke needs, please reach out today.

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