

ABOUT ME



Find Your Strength

Helping your people
feel connected,
resilient, and ready to
thrive

FEEL ALIVE AND
THRIVE

VIBE WITH
YOUR TRIBE

CONTACT ME



ABOUT ME

I am a transformational leader and a specialist in quality improvement, staff development, wellbeing, and growth. With a proven track record of driving change in Education, and Health sectors, I have been recognised as an award-winning innovator, leader and collaborator.

I am a passionate and dedicated coach, personal trainer, gym instructor and sports masseuse with a mission to empower others on their wellness journeys. I re-discovered my love for fitness in 2014 and since then, it has become a driving force in my life.

- Writer and owner of www.resiliencealphabet.co.uk
- Co-owner of [Tunnel Training Fitness](#)
- Ambassador and Member of [Clan Cancer Support](#)
- Board member for the Scottish Workforce Professional Development Board of [CIMSPA](#)



FEEL ALIVE AND THRIVE

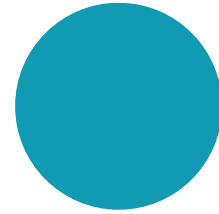
Your team works hard but constant pressure, competing demands, and the pace of modern work can leave people drained, disconnected, and struggling to prioritise their wellbeing. “Feel Alive & Thrive” gives your team the space, tools, and support they need to reset, reconnect, and build real resilience.

A wellbeing-focused workshop that helps individuals reset, build resilience, and feel more grounded in their physical, mental, and emotional health. Through interactive activities and meaningful discussion, your team will explore practical strategies for managing stress, boosting energy, and supporting their own wellbeing.



Help your team members embrace their full potential, supporting each other to thrive in all aspects of life.





Create a cohesive and supportive team environment where everyone feels valued and empowered.

VIBE WITH YOUR TRIBE

Every team wants to feel connected, valued, and united but busy schedules, changing priorities, and the pressures of modern work can leave people feeling disconnected from each other and from what really matters. “Vibe With Your Tribe” gives your team the space, structure, and support to reconnect, rediscover their strengths, and build a shared sense of purpose.

A team-centred workshop that strengthens connection, highlights shared values, and builds a sense of belonging. Participants uncover their individual strengths, explore team dynamics, and develop a clearer understanding of what helps the team thrive together.

WHAT'S INCLUDED

Each session is designed to strengthen team performance, communication, and wellbeing through a highly engaging, psychologically safe, and practical learning experience. Each session is **tailored to the organisation's needs** to support meaningful behaviour change.

The session includes a **pre-meeting** to understand your goals, team dynamics, and desired outcomes, ensuring the content is relevant and aligned with your organisational context. Throughout the session, participants are guided through structured reflection, group discussion, and hands-on exercises using creative resources that deepen insight and add an element of fun.

To reinforce wellbeing and support energy, focus, and retention, the session concludes with a short, accessible **fitness or movement component**. This unique integration helps teams reset, reconnect, and leave the session feeling grounded and motivated.

An optional **post-session debrief** is available for leaders or HR partners, providing a space to review outcomes, discuss observations, and identify next steps or ongoing support.

COST & VENUE REQUIREMENTS

Venue Requirements - To ensure a tailored and effective experience, I require that all clients provide a suitable venue for their team development sessions.

This can include:

- Your office
- A local co-working space or meeting room
- Any other location that meets the necessary privacy and comfort requirements

By choosing a location that best suits your needs and comfort, we can create a more personalised and effective session. Please ensure that the chosen venue is accessible and conducive to focused and confidential conversations.

Please contact me to discuss your requirements

Phone - 07745314063

Email - gaelsimpson1@gmail.com

Cost - £450
for teams of
up to
20 max