MICROLEARNING+ SESSIONS

THE SHAPE OF HOPE

9 in 10 people have experienced high or extreme levels of **pressure or stress** in the past year.

1 in 4 people will experience a **mental health problem** of some kind each year in England.

In the UK**, over half (57%)** of employees have faced **bereavement** in the last five years.

52% of employees feel more engaged and productive when their organisation offers **practical support** and mental health resources.

WHAT THESE SESSIONS PROVIDE

Designed for teams where life may be feeling relentless, and where staff may have been struggling under sustained pressure, uncertainty or trauma, these interactive sessions centre on lived experience of grief, loss and complex trauma. They help people learn how to turn challenging situations around with focus, effort, and commitment. Participants explore personal and professional recovery, build resilience, and gain practical tools to cope with stress, burnout, and adversity.

Attendees identify their own “shape of hope” - the pillars that help sustain wellbeing even in difficult times.

Delivery: One hour, virtual or in-person.

WHAT PEOPLE SAY

“Phenomenal feedback - people said how much this session helped, how important a discussion it was and how Caroline had made a significant difference."

“Caroline leaves people reflecting deeply, open to change, and with a renewed understanding of the importance of speaking up.”

“Caroline’s authenticity, compassion, and drive to make a difference are truly remarkable.”

ASK FOR FURTHER INFO AND AVAILABILITY

caroline@daddyblackbird.com

Mental Health UK Burnout Report, 2025, MIND, Hospice UK

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LEARNING OUTCOMES

- **Identify** personal and professional factors that support resilience and wellbeing.
- **Explore** an individual and personal "shape of hope" through reflection and interactive exercise.
- **Recognise** early signs of stress, burnout, or emotional distress in themselves and colleagues.
- **Apply** practical tools to maintain personal wellbeing under pressure and through periods of calm.
- **Build** empathy and understanding for colleagues facing mental health challenges.
- **Reflect** on leadership approaches that support recovery, trust, and connection.
- **Develop** a personalised plan for sustaining hope, balance, and resilience in daily life.

COST
FROM £495 DEPENDING ON GROUP SIZE AND LOCATION

DELIVERY
ONE HOUR VIRTUAL OR IN-PERSON

PLEASE NOTE: *This session is led by an expert by experience, drawing on lived expertise and professional practice, and it is not a therapeutic intervention.*

WHY WORK WITH CAROLINE?

In 2018, Caroline's husband of 18 years took his own life without warning. Following this tragedy, Caroline combined her lived experience with her extensive internal communication skills to promote better messaging around suicide prevention. She shares her story of grief and loss to inspire and motivate others, demonstrating how she developed the resilience and strength needed to find hope again. She has also written the number one best-selling book, Daddy Blackbird, the true story of a family surviving and thriving after loss by suicide.

The complex trauma resulting from Steve's sudden death has defined Caroline's mission to empower others, whether they are individuals who have faced a similar challenge or organisations committed to promoting and protecting the mental health of their workforce.

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