

What's Trending for 2018...

We have had a busy start to 2018 and wish to share some of our client-driven trends with you!

Motivational Speaking

Rachel Blackburn and other US2U Consulting colleagues can support your conference, awards ceremony or management team dinner by hosting or presenting to make it high-impact and memorable.

We plan the key messages that you wish to communicate and ensure these are delivered in an engaging yet professional way. [Read more.](#)



Managing Mental Health Training for Managers

Recognising the direct links between good mental health and successful organisations, we provide support and guidance for managers so they can adopt best practice around mental health and stress when dealing with their team. Among other outcomes we can help managers to:

- Be able to identify and recognise the signs of poor mental health
- Understand the impact that poor mental wellbeing has on an employee and the team
- Be able to have safe and effective conversations around mental health
- Be able to identify what support they can offer, within their remit as a manager
- Develop a plan for wellbeing support for an individual - [find out more here.](#)

Media Training

Everyone wants to be heard in the Media but not everyone knows what to say, or more importantly, **how** to say it to ensure the coverage is great.

By taking part in an effective media training course, you put your company at the forefront of the competition and get your business noticed - for all the RIGHT reasons!

Seasoned Broadcaster Adrienne Lawler (above) delivers bespoke Media Training Courses that achieve outstanding results in terms of confidence, knowledge and understanding what drives column inches or studio time and how to make the best of your opportunities. [See more.](#)

Please get in touch to find out more about these or any of our other services

Music to Engage with Millennials

You may remember that in November 2017 we launched our first music track, Positive Difference, as we look to engage with different people in different ways!

Featuring talented artists Wilstar and Flowzane the track celebrates our brand values including encouraging diversity and being inspirational, and tells you about some of our core HR services.

Please watch and listen below, share with your contacts and let us have your feedback! The track is also available on iTunes and Spotify!

US2U Consulting - Positive Difference

