



#BeYourselfAtWork

Feel Like You



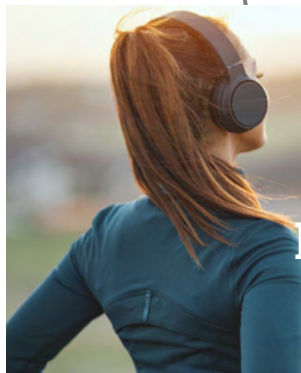
When people celebrate their individuality, and succeed as a result, that radiates across their communities – and inspires more people to let their inner selves out.

iAM connects individuals with their true values, so that they can live more meaningful and authentic lives and careers. It's an experience that's designed to help people learn more about their inner selves; the unique parts of their character that society or workplace culture may have led them to suppress.

AMBITIOUS, OPEN-MINDED, ALWAYS UP FOR A CHALLENGE



Invest in yourself with iAM and happiness follows



Sarah Powling

Light-Hearted

| | | | |
|------------------|----------|--------------------|-------------|
| Being Human | Clarity | Sense of Direction | |
| Creative Freedom | Ronseal | Work it Out | |
| Doing Good | High Bar | Learn & Grow | Laser Focus |



When we take the time to work on ourselves, we create a greater working environment for everyone

1

Questionnaire

Complete the 20-minute iAM questionnaire – 21 questions all about you.

2

Starter iAM

Receive a starter set of your iAM values straight to your inbox and book your 50-minute call with an expert iAM developer.

3

1:1 Session

You and your iAM Developer use your own words to define your unique iAM values.

4

After Your 1:1

Log back into iAM and complete the 10-minute iAM process to digitally create your personalised iAM PDF.

5

Add-On Options

Add a 1:1 Teams debrief call, 'High Performing Team' workshop or 1:1 'Leading As You' or manager programme.





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After completing a simple personalised process, users leave the programme with an iAM – a simple summary of their truest self – their values. They'll always have it to check in with.

iAM uses robust, yet easy, person focused questionnaires and proven methods to define your unique self, in your early career, as a manager, as a leader, as a person, so that you can #BeYourselfAtWork.



Discover your **natural energy**, your **happiest self**, the heart of you and the character traits that give you balance with **iAM** so that you can #BeYourselfAtWork.

Self-create your iAM in 45 minutes – from September 2022



Start Your iAM

Connect with your true values to live a more meaningful life and career. Connect with your individuality.



Self-Care Rituals Podcast

Take time for yourself so that you create a better environment for everyone.



Read Our Manifesto

We call on you to join our growing community that's redesigning the working world.

We want you to help us make a difference and make sure all working environments are happy places for everyone.

Twitter | @BeYOUatWork
LinkedIn | @BeYourselfAtWork
Instagram | @BeYourselfAtWork

Start your iAM journey

