



**METAPHORICS**

*helping you to see things differently...*

# **Metaphorics Inset Days**

*"Thank you. I had a very enjoyable day as it was very informative and important in my role as head"*

*Feedback from a Head*

At Metaphorics, we want to make a real and meaningful difference to those who we work with. Our approach delivers performance psychology which is fuelled by the sport metaphor. We fundamentally believe that there is untapped potential in everyone we work with and the key to developing world class performance is through harnessing our strengths. Over the past 5 years, we have worked extensively within Lancashire Education Authority delivering a range of training opportunities for the authority, schools and individuals. During this time we have developed a number of standard and bespoke inset packages.

Our expertise enables us to develop inspirational environments, high performance teams and mentally tough individuals. We have a number of standard inset packages including: Coaching cultures; Performance Coaching; High Performance Teams; Developing Mental Toughness, Managing Difficult People; Colours – Understanding your drive. Alternatively we can design something entirely bespoke to your requirements.

Our inset packages are charged at half day (£400 plus VAT) and full day (£650 plus VAT) rates. For more information, please contact the team at:

[enquiries@metaphorics.co.uk](mailto:enquiries@metaphorics.co.uk).

Alternatively, call us on 07919 091345.



**METAPHORICS**  
CREATING THE WINNING EDGE