



Entertaining
Enlightening
Educating

“The 60 minutes
went by in a
flash.
Funny, enigmatic
intelligent
and heartfelt.”

Jamie McCall,
VP Brand Marketing, NIKE Direct EMEA

Welcome

You know when you pour cereal into a bowl without checking first to see if you have milk...and you *don't* have milk? Basically, life is like a big bowl of Rice Krispies. Childhood, school, exams, interviews, jobs, hobbies, relationships, everything is just one great big giant bowl of Rice Krispies. Imagine an empty bowl and you fill it with Rice Krispies. Just Rice Krispies, no milk yet, please don't get ahead of me here. Just Rice Krispies on their own, nothing else.

How would you describe them?

Plain. Still. Muted. Pale. Crispy. Dull. Dry. Bland. Parched. Basic. Thirsty. Dusty. Boring. Uneventful. Beige. They are simply not exciting. They are lifeless until you add the magic ingredient...

The milk.

Then what happens?

They come alive. They rise. They Snap, Crackle and Pop...they fizz, they bang, they whizz. They float! You can see them moving in the bowl in front of you, some even fall over the side.

Captivating, pleasing, enticing, magical, absorbing, mesmerizing, alluring, lively, uplifting...I'm sure you get my point.

You add the milk and breakfast just got exciting.

And if we don't get stuck in quickly, devour the Rice Krispies, top them up, refresh them and whack some sugar on from time to time then what happens?

They turn to mush, they become soggy. You don't want them and guess what, neither does anyone else.

So if life is the Rice Krispies then that must make us...the milk!

And if we don't get stuck into school, our jobs, our life, then fairly quickly what's going to happen? It's going to turn to mush, it's going to become a bit soggy. Might even turn sour.

We need to devour life, top it up when needed, refresh it when needed and whack some sugar on when you have to because, let's be honest, sometimes we need to sugar-coat things. Just remember you're not Willy Wonka but still, occasionally life needs to be sweetened.

So, to finish this introduction with a sentence I've never used to kick off a brochure before...

Be the milk.



Gavin Oattes,
Managing Director

About us...

Since 2009 we have been determined to reinvigorate the industry of learning, to build a business that would challenge the views of traditional inspirational speaking and training.

Our plan is to bring about an **ENTERTAINING, ENLIGHTENING** and **EDUCATIONAL** revolution. We do this by creating – in partnership with you – and delivering kick-ass learning experiences.

We are often asked about our 3 E's and if they are deliberately in the order they're in. The answer is most definitely **Yes!**

Firstly, our 3 E's are incredibly important to us and no one is more important than the other. But the order is key...

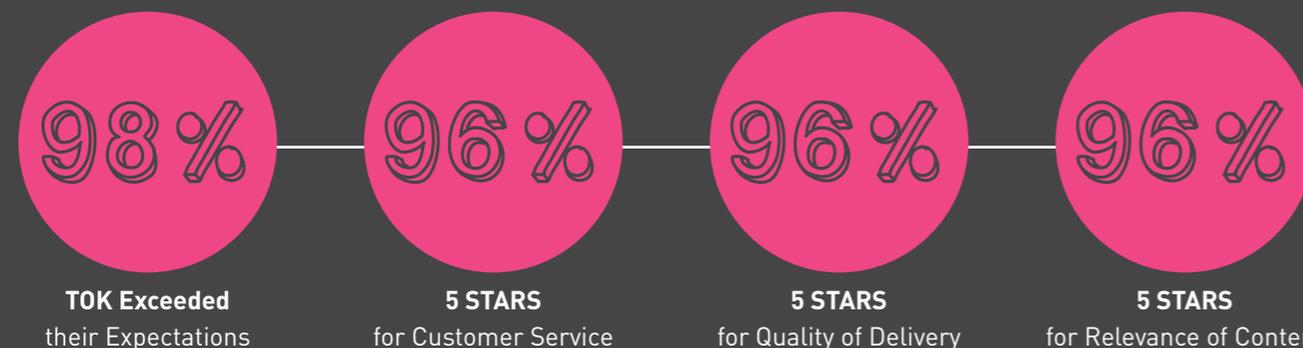
We firmly believe that most people would rather be entertained than educated but if we can do both and create lots of enlightening moments along the way then we are definitely doing something truly impactful.

Although our sessions are hugely entertaining, it's often not until delegates are leaving or on the drive home that the learning smacks them in the face.

We have partnered with organisations all over the world that are hungry for success and care about the health and wellbeing of their staff. Our style is thought provoking and passionate. But most importantly, we make a difference.

DON'T TAKE OUR WORD FOR IT...

We asked our clients about their TOK experience, this is what they said...



“Tree of Knowledge were absolutely the BEST FIT to develop our team in line with our mission ‘To be the BEST’ ”

Gayle Shepherd, Director of People and Technology, SEC



FUN

To always... use our time in a **REFRESHING**, enjoyable, relaxed and **HAPPY** way. Fun ultimately contributes to our quality of life, **HEALTH**, wellness and **HAPPINESS**.



INNOVATION

To always... find new ways of doing something. **BE FRESH!** The goal of innovation is **POSITIVE CHANGE**, to help make someone or something better.

Our vision is simple...

INSPIRE THE WORLD...



EXCELLENCE

To always... be excelling and going **ABOVE AND BEYOND** our customers' expectations. A continuous goal to which we will **ALWAYS** strive.



PASSION

To always... have a strong affinity for what we do. Getting stuck in, **CARE** greatly and **MAKING THINGS HAPPEN**.

LEARNING

To always... explore new **IDEAS** and **POSSIBILITIES**. Continuously challenge the way we think, based on cutting edge **SCIENCE** and **PSYCHOLOGY**.



Since 2009, TOK have worked with over 1'500'000 people!

Our Speakers

Gavin Oattes

"Gavin was absolutely brilliant, went down really well, I've heard nothing but positives!"

Sam Martin,
Marketing Manager,
Belvoir



Alice Beveridge

"An absolutely fantastic experience, enlightening and educating with every word."

This course is unbeatable and the value of it immeasurable"

Chris Nelson,
Sales Manager,
Kongsberg
Maritime Ltd UK



Our Speakers

Meet Emma



Stuart Fenwick

"The session hosted by Stuart was superb, his enthusiasm, energy and sense of humour were great."

Nadia De La Rey,
Early Careers Talent
Acquisition Consultant,
Standard Life Aberdeen



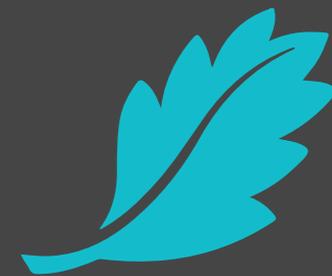
Emma has many years' experience working with TOK and is renowned for delivering an exceptional standard of customer service. Emma will work closely with you to obtain a clear understanding of your desired outcomes, ensuring that what we deliver exceeds all your expectations!

Emma Hazley
Director
emma@treeof.com

Call us on: 01383 621 648



Are you planning a conference?



Hosting, Keynotes, Workshops, Energizers

Our industry is awesome. It's full of the most extraordinary people pushing boundaries, producing evermore creative and inspiring ideas.

We're sure your annual conference will be no different as nowadays people expect more, they expect bigger and they definitely want different.

But we all know the challenges faced in organising and running a conference. The late nights, budget worries and the huge rollercoaster of emotions that goes into ensuring the best event possible for your people.

Sometimes it's easy to forget that we're trying to create something magical, memorable and potentially life-changing that brings people together!

Controlling the big day itself is a whole other ball game. It's now time to discover if the months and months of preparation have paid off...

A world class host/speaker can often make or break your event, but these talented individuals are snapped up early. Their ability to make it look seamless, effortless even is highly sought after. They entertain, they challenge and they inspire.

Importantly, they take a huge amount of stress away from you, do what *they* do best and allow you to enjoy the results of your hard work.



"Funny, enigmatic, intelligent and heartfelt." - **NIKE**

"Gavin nailed it."
- **Scottish Power**

"Thank you for your professionalism, humour and ability to change direction as quickly as needed today. I've had great feedback from our partners already on your part in the day, thank you for keeping the energy levels up and getting them to think differently. I've thoroughly enjoyed working with you" - **Promethean**

TOK Workshops

Engage for Excellence

Engagement is at the heart of wellbeing and high performance. Let us introduce you to the 5 factors that contribute to engagement so you, your team and your organisation can flourish.

Communication Breakdown?

Communication breaks down when we don't get the basics right. Have fun breaking down the fundamentals of communication so you can influence and lead behavioural change like an FBI Agent.

Presentation Masterclass

Whether you're delivering a client presentation or speaking internally, presentation skills are crucial – yet many people have a real fear of public speaking. This workshop will not only help you to embrace your nerves but kick their ass!

Fun@Work

This fast-paced, interactive course uses game-changing concepts from Positive Psychology to help your employees increase both their productivity and their well-being. Delegates leave the session feeling energised and knowing what they need to do in order to feel and perform at their best. This experience will leave you with a **GREAT BIG FIRE** in YOUR BELLY.

Let it GO

Let it Go does what it says on the tin. It enables employees to understand themselves and the organisation in the most fundamental way. This allows them to free up the mental space required for positive transformation.

Creating High Performing Teams

Task and social cohesion are crucial to the success of any team and yet most people have never heard of these. CHPT redefines the meaning of the word 'TOGETHERNESS' and leaves you with a greater understanding of your team's legacy.

New for 2020



SUPERHERO, SIDEKICK, ALTER EGO. YOU CHOOSE.

We all have many faces, the one the world sees, the one our loved ones see and the one we keep to ourselves.

Knowing which to wear, when to dig in and when to support others is the real superpower.

RESILIENCE is about more than just bouncing back. It's about being brave in the face of adversity, curious in the face of uncertainty, and coming back stronger when life has been testing your limits, so you can excel when it matters most.

Discover how to build your resilience through your character strengths and harness the power of your alter ego to help you shine in the different FIELDS OF PLAY.

You Decide, We Provide

In addition to the aforementioned workshops we also have a bank of additional themes and activities that we draw from when creating and designing bespoke sessions, such as **VISION AND VALUES CREATION, CUSTOMER SERVICE, STRESS MANAGEMENT, TIME MANAGEMENT AND MINDFULNESS.**

Our Speakers are passionate about learning and love the opportunity to research and develop new content. So, should you be looking for something really different then we're definitely up for the challenge.

TOK Workshops

Did you know?...

-  We can work with everyone in your organisation
-  We work with groups of all sizes
-  On average our workshops score 9.1/10
-  We fit perfectly within your recruitment process
-  We deliver workshops as part of apprentice and graduate induction weeks
-  We are experienced in facilitating, hosting and coaching

TOK EXCLUSIVE LEADERSHIP DEVELOPMENT PROGRAMME



What do you transmit?

VIBE is an exclusive TOK Leadership Development Programme. Designed to develop everyone from aspiring leaders to senior leaders, VIBE includes a series of workshops, coaching and action learning sets that are delivered over a 6-12 month period.

Through unique learning experiences and coaching you will discover your VIBE. What elements of your leadership style can amplify your message?

This leadership development experience creates both instant and long lasting

impact. We draw together cutting edge psychological research with practical examples, creating a relaxed, experiential and unconventional learning environment, to fearlessly challenge the mindsets that impact behaviour and culture.

"Genuinely brilliant. TOK have never let us down and after running three VIBE programmes for our aspiring leaders, every single piece of feedback has been first class."

Nichola Hewitt, Acting Group Head of HR, James Fisher & Sons PLC

TOK MENTAL WELLBEING SURVEYS – www.tokwellbeing.com

 provides independent mental wellbeing surveys for schools and businesses. We build your awareness of how your people are feeling and functioning so you can promote a culture of flourishing.

The benefits of using TOK Wellbeing...

Full Overview

Mental Wellbeing overview of your whole business.

Informed Decisions

Make informed decisions about future resource allocation.

Improvement

An invaluable tool to help drive forward improvement in your business.

Analysed Results

Independent, impartial, accredited surveys analysed by experts.

Easy to Use

Short and accessible from any device, easy to interpret reports returned to you quickly.

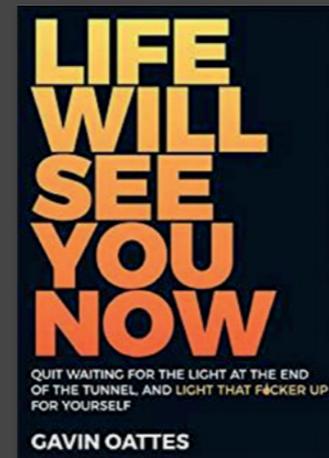
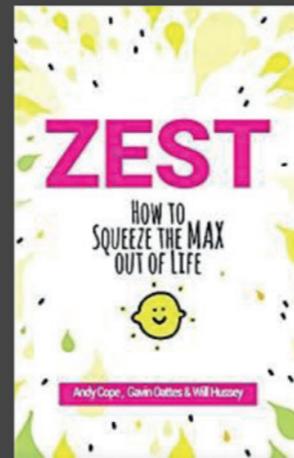
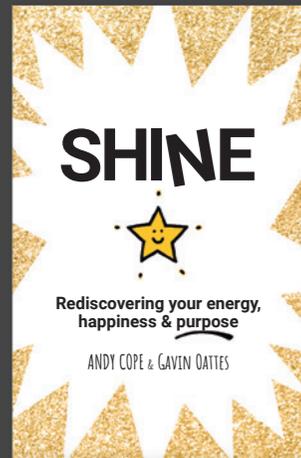
Promotes Wellbeing

Promotes holistic wellbeing helping you to create a culture of flourishing.

"TOK Wellbeing has proven to be most valuable to specialist programmes of work that are built around supporting young people. It aids us greatly in seeking new ways of improving the daily lives of young people in our care."

Robert Colquhoun, Head Teacher, Brannock High School

Gavin's Books



opportunityisnowhere

What do you see?...



Available NOW on amazon!

HERE'S TO THE CRAZY ONES.
THE MISFITS. THE REBELS. THE TROUBLEMAKERS.
THE ROUND PEGS IN THE SQUARE HOLES. THE ONES
WHO SEE THINGS DIFFERENTLY.
THEY'RE NOT FOND OF RULES. THEY HAVE NO RESPECT FOR
THE STATUS QUO. YOU CAN QUOTE THEM, DISAGREE WITH
THEM, GLORIFY OR VILIFY THEM. BUT THE ONLY THING YOU CAN'T
DO IS IGNORE THEM. BECAUSE THEY CHANGE THINGS.
THEY PUSH THE HUMAN RACE FORWARD.
AND WHILE SOME MAY SEE THEM AS THE CRAZY ONES,
WE SEE GENIUS. BECAUSE THE PEOPLE WHO ARE CRAZY
ENOUGH TO THINK THEY CAN CHANGE THE WORLD,
ARE THE ONES WHO DO.



Unit 4 Halbeath Business Park, Kingseat Road, Dunfermline, KY11 8RY
+44 (0)1383 621 648 happy@treeof.com www.treeof.com

