

Christmas Gift Guide 2021

London Speech Workshop





With the festive season fast approaching, we want to share some gift ideas for you to give your friends, family, colleagues or anyone else who deserves a special something. We've picked things that align with our values, so you can be sure that when you buy one of these, you'll be supporting a small business or charity, and putting a smile on someone's face.

Merry Christmas

From all of us at LSW x

Table of Contents

Stocking Fillers	page 4-8
Personal Development	page 9-14
Mindfulness Gifts	page 15-16
Gifts For Busy People	page 17-19
Charity Gifts	page 20-21
Extra Special Gifts	page 22-26

Stocking Fillers

Stationery - VENT for Change (From £3)



VENT for Change is a sustainable stationery company that protects the planet & supports children's education projects worldwide. They combine beautifully designed products with impeccable eco credentials and an ethical purchasing alternative for conscientious consumers.

We love this initiative so much that we've decided to include it in this year's Christmas Taster Session gift package.

[Buy it here](#)

Bath Salts - Elise Olivia (From £6)



Elise from the LSW team created this beautiful business in 2020, as a way of coping with lockdown and resulting unemployment. Elise creates bath salts, truffles and milks to help you craft your bespoke wellness ritual to lovingly enrich your mind, body, and soul. As well as crafting beautifully bespoke, handmade products, Elise cultivates a thriving community providing advice on self-care, reducing stress & anxiety, and ways to put your mental health at the top of the (never ending) agenda.

[Buy it here](#)

Quiet - Susan Cain (£9.99)



At least a third of us are on the introverted side. Without us, we wouldn't have the Apple computer, the theory of relativity and Van Gogh's sunflowers. Yet extroverts have taken over. Shyness, sensitivity and seriousness are often seen as being negative. Introverts feel reproached for being the way they are. In Quiet, Cain shows how the brain chemistry of introverts and extroverts differs, and gives introverts the tools to better understand themselves and take full advantage of their strengths.

[Buy it here](#)

Door Wedge - Meet The Wedgies (£18)



Wedgie is an independent British wooden handicraft company, who have close ties with Sri Lanka where the doorstops are made. They inject personality and life into all of their products, taking inspiration from popular culture. They are part of an incentive scheme based in Sri Lanka aimed at the empowerment of rural communities.

[Buy it here](#)

2022 Journal - Papier (£18.99)

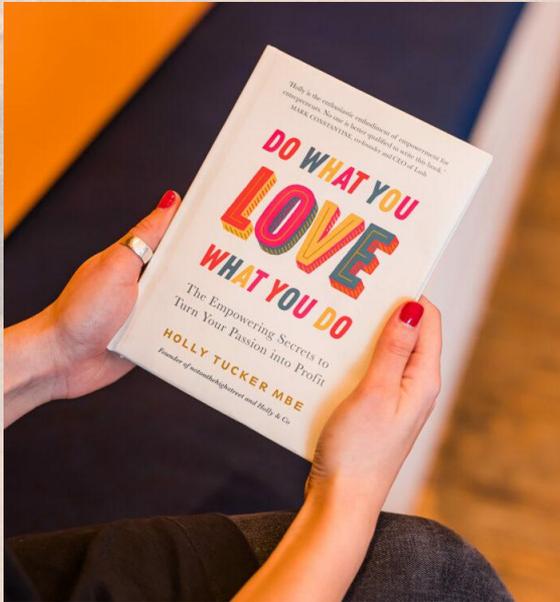


Brighten your year with Papier's foiled hardback 2022 diary – accented with raised, metallic details to give your desk that glow. Inside, you'll find weekly, monthly and yearly overviews, plus plenty of space for all your goals, important dates and to-dos.

[Buy it here](#)

Personal Development

Do What You Love - Holly Tucker (€11.99)



Holly Tucker MBE - co-founder of notonthehighstreet, and creator of Holly & Co - is on a mission to change business forever. Having inspired over 100,000 entrepreneurs and identified the keys to their success, in *Do What You Love, Love What You Do*, she now wants to help anyone build a business doing what they love, leading to a happier and more fulfilled life. Demystifying the grey world of business, whether you've yet to take your first steps or find yourself stuck in a business rut, this beautiful and vibrant book will allow your dreams to take flight.

[Buy it here](#)

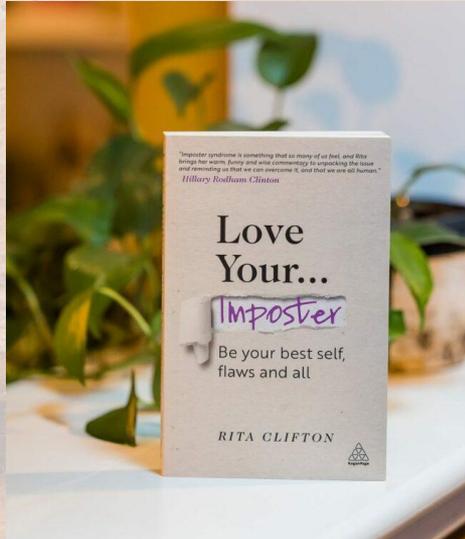
Mastering the British Accent - Accent Softening and Confident Speaking 10 week online course LSW (£197)



Led by our expert coaches, learn to perfect your English accent and become a confident, empowered communicator in English. Over the last 12 years our accessible and intuitive Accent Softening method has led to the success of thousands of clients. Now this method is available through our eLearning platform at a fraction of the price to people all over the world.

[Buy it here](#)

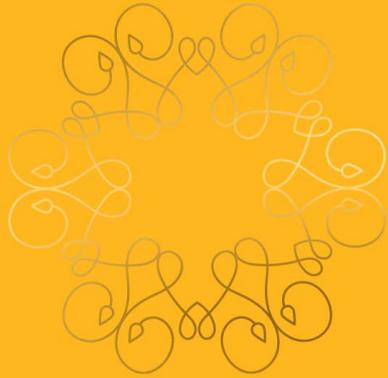
Love Your Imposter - Rita Clifton (£12.99)



Imposter syndrome can cause a constant fear of being found out that you aren't 'good enough' or called out for being a 'fraud'. It impacts people in different ways and can be debilitating and negatively affect relationships, personal life and careers. So what can you do about it? *Love Your Imposter* shows you how to take on your imposter self and use it as a driver to come out stronger.

[Buy it here](#)

Week on Worth Course - Anna Mathur (£25)

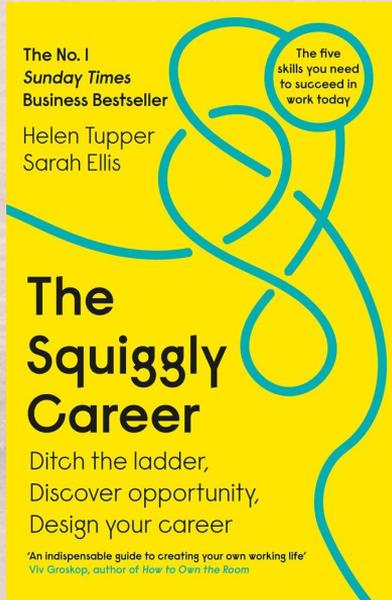


THE WEEK ON WORTH

Our self-worth is the foundation upon which our lives are built. It determines the decisions we make, the boundaries we place, the relationships we have and how confident we feel in ourselves. The Week on Worth Course challenges everything you have been taught to believe about what makes you worthy of love and good things. It aims to help you develop healthy, life-changing, self-esteem from the bottom up.

[Buy it here](#)

Squiggly Career - Helen Tupper & Sarah Ellis (£10.85)



Today, we're living in a world of squiggly careers, where moving frequently and fluidly between roles, industries, locations, and even careers, is becoming the new normal. Squiggly careers can feel stressful and overwhelming, but if you know how to make the most of them, they can be full of opportunity, freedom and purpose. Packed with insights about the changing shape of work and inspiration from highly successful people, this book will fuel your growth and help you be happier, and ultimately more successful in your career.

[Buy it here](#)

Non-violent Communication Course - City Lit (£129)

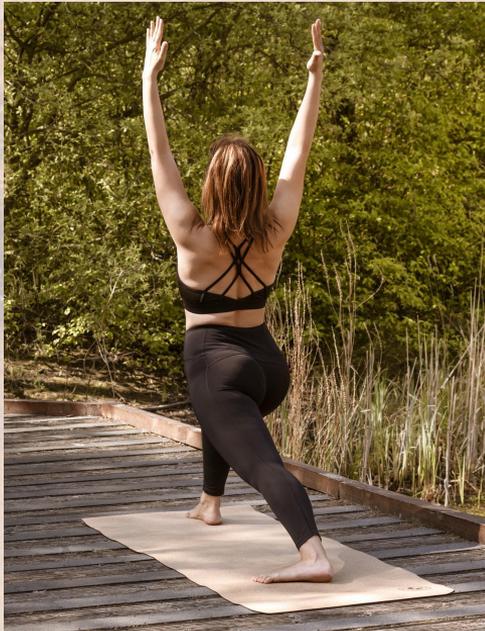


Nonviolent Communication Skills is a model that aims to help people communicate with respect, compassion, and honesty. It leads to people being heard and understood, finding increased clarity in communication, and feeling connected to self and others. This course will develop your interpersonal skills, empathy, self awareness, and confidence.

[Buy it here](#)

Mindfulness Gifts

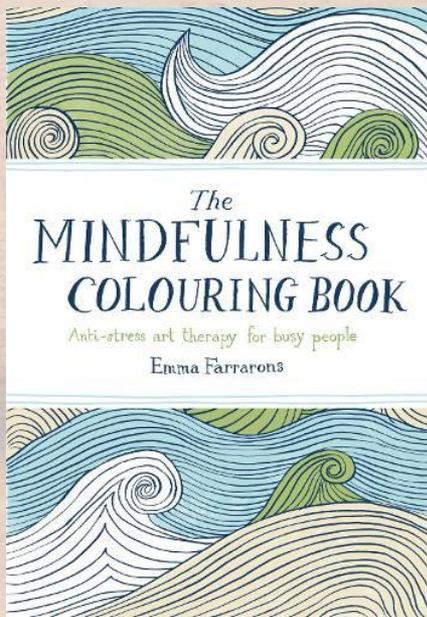
Yoga Mat - CorkYogis (From £48)



With amazing grip which only improves as you sweat and with the natural antimicrobial properties of cork, CorkYogis' mats offer a big step up in performance and hygiene over traditional yoga mats. 10% of profits go to Destiny Reflection, a Kolkata based charity that supports survivors of sex slavery and human trafficking.

[Buy it here](#)

Colouring Book - Emma Farrarons (£7.99)



Working with your hands is one of the best ways to soothe anxiety and eliminate stress. This stunning, pocket-sized colouring book offers a practical exercise in mindfulness that draws on your creativity and hones your focus.

[Buy it here](#)

Gifts For Busy People

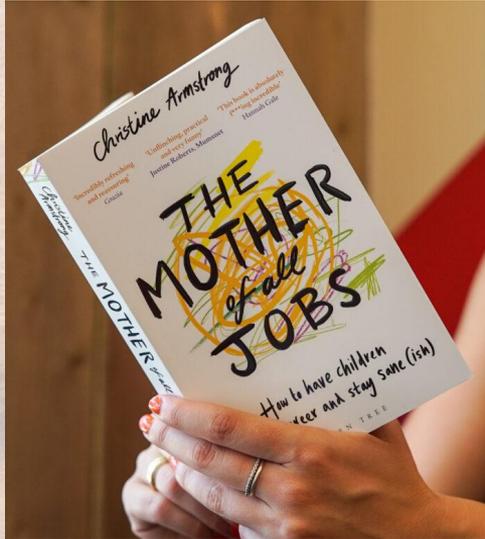
New Mum Package - Don't Buy Her Flowers (From £8.50)



Whether it's for a new mum, an established mum or a mum to be, it's always important to say 'you are doing a great job, rest up' is. Put together a completely bespoke package to make the perfect thoughtful gift.

[Buy it here](#)

The Mother Of All Jobs - Christine Armstrong (£9.99)



The Mother of All Jobs brings together the wisdom of the women who opened up about everything into a manifesto for happy professional families. Ignoring the glossy lives presented on social media, this book shows that, while it's not always pretty, working parents can thrive if they have the knowledge others learnt the hard way.

[Buy it here](#)

Meal Gift Card - Cook (From £10)



Cook provide award-winning frozen meals and puddings, made like you would at home. Send a Christmas gift card and let your friends and family have a night or two off cooking in the new year, when life gets a bit too busy. After trying to combine a long working day with a school pick up, a gym session, a list of errands or a long commute, there's nothing better than coming home to a delicious home-cooked meal.

[Buy it here](#)

Charity Gifts

Supplies for Refugees - Choose Love (From £5)



Choose Love has raised millions to support refugees and created a movement of people putting love into action around the world. Give gifts with heart to those who need it most. Send love, supplies and services to refugees this holiday season and stand with people in their hour of need.

[Buy it here](#)

Tree Planting - Ecologi (From £12.40)



Love the idea of gifting someone a forest? With Ecologi you can buy a gift of planting, 100, 250, 500 or even 100,000 trees! The trees will be planted in Madagascar, Mozambique and Nicaragua, and your recipient will get monthly updates and newsletters, as well as access to a virtual forest to see the impact that they're having.

[Buy it here](#)

Extra Special Gifts

Taster Session Gift Package - LSW (From £155)



A truly transformative gift, a 1 hour, 1:1 Taster Session with one of London Speech Workshop's expert coaches is the first step on a communication journey. Our special Christmas bundle is packaged and sent to your recipient. Inside they'll find a personalised gift card to redeem their session with a handwritten message, a sustainable notebook and stationery set from VENT for Change, and a copy of 'The Connection Book', written by London Speech Workshop Founder, Emma Serlin.

[Buy it here](#)

Tell Your Story - Story Terrace (From £1,600)



Story Terrace help hundreds of people to capture their unique stories. They have over 600 writers who are journalists and authors recruited from leading newspapers, world-famous publishing houses, and the most prestigious creative writing and journalism programs. They'll interview you and start writing your story. When you are happy with the text, they design, print, and deliver your hardbound full-colour books.

[Buy it here](#)

Improv Courses - Hoopla (From £210)



Hoopla have been running for over 14 years and are the UK's biggest improvisation training school, teaching 1000s of people every year. Complete beginners are welcome. You don't need any drama, acting, comedy or impro experience whatsoever. You don't have to be clever, fast or funny either! Over an 8 week course of weekly workshops you'll get to know your fellow student & teacher and progress as a team while learning core improvisation skills.

[Buy it here](#)

Life Coaching - Seven (£1297)



Life Coaching is a great way to develop your interpersonal skills, design how you want to be in your relationships and find new ways to be more successful with everyone you come into contact with. Enhance the quality of your time at home, at work, with family and loved ones. Whether it's exploring your current options, needing to make a decision, preparing for change or transition, support through a big life move or change or challenging times in your relationships, a life coach will help you make the change.

[Buy it here](#)

Drama course - LAMDA (From £150)



For aspiring actors and performers, LAMDA offer undergraduate and postgraduate courses in acting, directing and production & technical arts, as well as a range of short courses throughout the year. Many of our coaches have a background in the performing arts, and have worked at LAMDA as performance coaches. This is a once-in-a-lifetime gift that will give someone amazing tools and passion for life!

[Buy it here](#)



That's it - we hope you find our Christmas
gift ideas useful!

From all of us at LSW, wishing you an
exciting and wonderful festive period with
your loved ones.

London Speech Workshop x