

## YOUR business matters

Inspiration to perform outside your limits . . .



“ Thoroughly enjoyable, insightful and thought provoking. Time very well spent. Excellent learning session. ”

Gerry

“ The training made me feel enabled and positive. One of the best training sessions I have attended. Extremely beneficial. ”

Patricia

# bite sized personal development

These practical bite sized sessions are short, informative, and interactive to help and assist your personal development.

We have created the environment for like minded individuals to come together regularly to learn and participate in a three hour bite sized, energised workshop.

The aim is for participants to have the space to focus on their personal development and needs. They will take the following away from each session:

- New ideas
- Renewed energy and enthusiasm
- Practical tips and techniques
- Focus and clarity

#### THE TOPICS FOR 2007 WILL BE:

- Personal goal setting - *January 10th or 23rd*
- Developing a positive mental attitude - *March 29th or April 19th*
- Opening up to change - *July 3rd or July 10th*
- Creative visualisation - *October 9th or 16th*

All workshops run from 9.30am - 12.30pm and are held at our modern, friendly and relaxed training suite with tea, coffee and biscuits provided. **To book one of these sessions call us on 01733 345006 or visit our website and book online.**



The price for  
each session is just

**£50**  
plus VAT

Working with **Heart... Inspiration... Passion!**<sup>TM</sup>

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