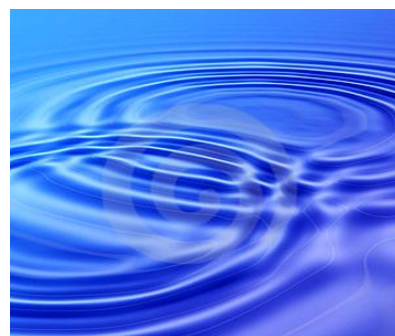


Recharge Your Life

*Learn the secrets of being more
Calm, Conscious and Confident*



- ❖ **build self-awareness and confidence**
- ❖ **discover your talents and strengths**
- ❖ **channel your energy to focus on what you want**
- ❖ **learn to live more productively and purposefully**

A course of six workshops aimed at building self-awareness and confidence, allowing you to become much more the person you really are deep inside.

Why attend this course?

This course will attract people who want:

- to develop personally and professionally, to get to know who you really are, particularly when you have spent many years in a role, or roles, defined by others (e.g. your children, partner, family, company, etc) and feel that there is a part of you that has been lost or buried over time;
- to discover what your talents and strengths are - what are your skills, knowledge and experience, and how you can use these to make a productive contribution;
- to be clear about what you have to offer, and what you want to do, thus enabling you to define your next role, be it a new career direction or do better what you have been doing and with renewed purpose and passion;
- support in achieving goals which you may have already identified, but lack a network of people who can offer objective and insightful feedback;
- to learn and experience in a group setting about self-development, consciousness raising and creating supportive networks.

How is the course structured?

The course comprises six integrated, inter-active workshop sessions, each one being two and a half hours. All course participants will also receive one individual coaching session with the course leader. Additional personal coaching is available on request at preferential rates.

This is a practical and experiential course, limited to a maximum of 8 people per course to ensure optimal learning and support. All course members must agree to respect confidentiality of other group members.



Topics covered include:

- Meditation techniques to help centre and ground you
- Understanding and building self-awareness
- Uncovering limiting beliefs
- Understanding the ego, and different personality types
- Managing your emotions and the power of language
- Presenting yourself to make the impact you want
- Next steps: putting a plan in place and taking action.

Who is the course facilitator?

The course is led by Doris Sew Hoy, a professionally accredited coach with Ashridge Business School. An Executive and Leadership Coach and Career Counsellor working with individuals on a one-to-one basis for over 10 years, and facilitating action learning and feedback groups, Doris is also the founder of the independent coaching and consultancy practice LifeWorks Unlimited (www.LifeWorksUnlimited.com).

She designed and developed this course because of her belief in the transformational value of being part of a group, as individuals learn and grow in their experience from communicating and relating with others.

Venue

TBC; in and around Oxshott / Cobham / Esher area in Surrey

Course Dates and times

The next course begins Monday 27th September 2010, and on the following Mondays: 4th October, 11 October, 1st November, 8th November, 15 November 2010, at 9.30 to 12.00.

Another course begins on Friday 1st October 2010, and on the following Fridays: 8th October, 15th October, 5th November, 12th November, 19th November 2010 at 9.30 to 12.00.

If you are interested in attending, but are unable to make these dates and/or would like to attend a course closer to you, please contact Doris on 07973 405152.

Costs

£350 per course of 6 workshops, inclusive of one Individual coaching session.

A non-refundable deposit of £50 is required to secure your place.

*** **Special early-bird price of £280** per course, for bookings and deposit received before 31st July 2010.

How to book your place

Please print and complete the [Booking Form](#) on the following page, and return it to Doris Sew Hoy, LifeWorks Unlimited, Langhurst, Fair Oak Close, Oxshott, Surrey KT22 0TJ, enclosing your £50 non-refundable deposit.

Recharge Your Life - Booking Form

I wish to attend this course: (tick course A or course B):

- Course A, beginning on Monday 27th September 2010, and on the following Mondays: 4th October, 11 October, 1st November, 8th November, 15 November 2010, at 9.30 to 12.00.
- Course B, beginning on Friday 1st October 2010, and on the following Fridays: 8th October, 15th October, 5th November, 12th November, 19th November 2010, at 9.30 to 12.00.

Your name	
Postal address	
Your email	
Daytime phone no.	
Mobile phone no.	
Current role or occupation	
Name of organisation, if applicable	

1. **Why are you interested in attending this course? (or what are you hoping to achieve from attending this course?)**

2. **Which parts of the course are you particularly interested in?**

3. **How did you find out about this course?**

4. **Payment:**

To secure your place, please enclose your non-refundable deposit of £50, payable by cheque to "D. Sew Hoy", and post to **LifeWorks Unlimited, Langhurst, Fair Oak Close, Oxshott, KT22 0TJ**. I understand an invoice will be sent to me and the balance will be due 4 weeks before the start of the course.

Your signature: Date: