

A new and exciting programme for the region...

1. Resilience and Reconnection in Challenging Times

- Do you feel as if you are working even harder than ever before?
- Are you struggling to focus on core values and the bigger picture?
- How can connecting with your personal passions and purpose help you in your work?
- Do you want a chance to just stop, reflect and think about what you wish to be focusing on?

Sometimes it is easy to get caught up in the day-to-day; that “to-do” list just doesn’t end, the budgets are getting tighter, the demands seem to be increasing, and you wonder what you are really here for, what is your purpose? Where is your passion? What do you want to look back on life and feel proud of doing?

These days are about creating a space, to listen, to connect, to support, to share, and to challenge!

Some of the themes we will be exploring are; Resilience and Reconnection (Autumn 2014), Stepping into your Inner Power, Leadership and Values (Spring 2015).

6th November 2014
The Bedford Hotel, Tavistock

10am to 3.30pm , £95 (including lunch)

One previous participant of these workshops said...

“Absolutely awesome session... Kirsti pitched it just right and it was a great way of focussing your mind – MORE! MORE! MORE!”



This is a chance to put a day aside to come together with others to:

- Remind and think about what you really value in your work and in your personal life.
- Acknowledge what we're not so happy about!
- Look at this all in a new, fresh space, from different perspectives, and find hidden opportunities through new understandings of connections.
- Find a response to where you are now, and what you wish to achieve, and head forth with renewed inspiration and motivation.

This Personal Development Day is held by two experienced consultants and facilitators – **Clare Moody** and **Kirsti Norris**, who love to use outdoor space as a place to renew energy and gain inspiration.

Quotes from previous workshops run by the facilitators include:

“Great! Really important to have personal development sessions... as it is too easy to get disheartened or burnt out at work.”

“This was excellent – thanks Kirsti! Made me look at my role and my personal ‘journey’ in a new light.”

To register for this Personal Development Day, please contact:
kirsti@actionforsustainability.com or Tel: 07798 67 67 96

