

## **EXECUTIVE DEVELOPMENT GROUP**

These are engaging and challenging learning and development opportunities that are designed to help you:

- Find more purpose and meaning to work
- Experience the benefits of letting go both physically and mentally
- Learn how to stop creating pressure, anxiety and stress
- Create a less demanding working environment
- Give up the need to control your world and everyone in it

### **Session 1: Finding my authentic self**

### **Session 2: Controlling ambition**

### **Session 3: Finding balance**

Meetings are held monthly across the East Midlands and include a fully facilitated meeting, a two-course lunch or dinner and teas/coffees. Payment is due in advance. Due to the nature of the sessions, we ask that people commit themselves to attending all 3 sessions to ensure continuity, support for the group and to enable you to obtain maximum benefit.

Please call Maureen on 01476 579603 to find out where your nearest group is and when the group will meet.

**COST: £40.00 per session ( Plus VAT)**

## EXECUTIVE DEVELOPMENT GROUP

### BOOKING FORM

Full name:	
Position in the company:	
Address:	
Landline number:	
Mobile number:	
E Mail address:	
Any dietary requirements?	
Do you have any additional support needs that we need to be aware of?	
Why have you joined the group?	
What is the biggest challenge you are currently facing?	

***Please download this form and send it to:***

Maureen O'Callaghan, Calmspace Limited, 16 Bramblewood Close, Grantham NG31 8QH

Once we have received your booking form we will you an invoice for £ 144.00 (inc VAT).  
Joining instruction will be sent out the week before the group's first meeting.

Thank you for completing this form, I look forward to meeting and working with you.