



Uncover your hidden talents

Improve your wellbeing & ability to achieve more with ease

Who should attend?

Anyone who wants to gain a deeper understanding of their strengths and learn how to improve their performance, job satisfaction and happiness.

This is an interactive and fun workshop where you will:

- learn more about yourself and uncover your key strengths
- discover ways to exploit your talents and manage your weaknesses
- create a plan for developing and putting your strengths into action
- learn how to be able to help others – family, friends and work colleagues/employees

The workshop is led by Gail MacIndoe, an experienced Strengths coach, Master NLP and Appreciative Inquiry Practitioner. She has held senior Learning & Development roles at Aviva and KBR and is certified in a number of leading assessment tools. A contributing author to *A Career in your Suitcase*, a guidebook for women on the move, Gail was a finalist for Mentor of the Year in Women of the Future Awards 2008.

When: Saturday 18th September 2010

Where: The Sanctuary, St Michael's Church, Church Street, Ewell, Surrey KT17 2AS

Time: 9.30 am – 4 pm

Price: £75 inclusive VAT

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“After many years spent focusing my development needs on weaknesses, I found strengths coaching really refreshing and innovative. It felt so much more natural to focus on the things that I am good at so that I can be both more productive and satisfied at work.” Head of Channel & Sales Development, RAC