

# **ACT-U-VATE CAREER AND PERSONAL DEVELOPMENT WORKSHOP FOR WOMEN**



**The workshop designed with women in mind**

*'Interesting & thought provoking - The concept of writing down goals for example although simple, I think may force me to tackle my fears & hopefully assist what feels like a stagnant career.'* – Senior Finance Officer, Housing Sector

***Who should attend:***

Women who want to eradicate self doubt and limiting beliefs; activate their career and personal aspirations and create a routemap for success.

***What you can expect::***

The workshop will be facilitated in a non-confrontational, interactive and participatory manner. Participants will bring a range of skills and experience which they will be encouraged and supported in sharing as part of the workshop.

Participants will be challenged to step out of their comfort zone and will be encourage to reflect on behaviours, intentions and response to their career and personal development.

***The outcome:***

As a result of attending the workshop participants will:

- Develop greater self awareness
- Identify blockers to career and life progression
- Capitalise on their unique skillset
- Create a career/personal development plan

***When:***

Wednesday 28 April 2010

***Where:***

Central London

***Investment to you:***

Early bird - £335.00\* + VAT  
Standard rate - £375.00 + VAT  
Charities - £195.00 + VAT

***Booking details:***

Complete booking form and email to  
info@p31consulting.com  
tel: 0845 267 5931  
mob: 0793923 9053

\*bookings and payment to be made 30 days before course date.

***What next?***

Optional coaching session package = £750.00 per person (3 x 1.5 hours one to one coaching sessions)