



P31 Consulting Ltd

Stepping out of your comfort zone

P31 Networking is designed for enterprising women who are looking to further their career or start their own business.

P31 Networking is part of

P31 Consulting Ltd, which specialises in maximising individuals and organisation through performance coaching and workforce development

IN THIS ISSUE:

Take ACTIVATE into your organisation

Coaching - Does it really work!

Events Coming Up

Transition from Employee to Entrepreneur

P31 Virtues

Before you start your journey, take stock of where you want to get to, but ensure your route is filled with challenges and opportunities to help others on the road to success

P31 NETWORKING

Vol 3 April 2006

Hi and welcome

P31 recently hosted The ACTIVATE workshop in London and Manchester which provided women from all backgrounds with the opportunity to ACTIVATE their vision, talents and potential. There was much laughter and excellent inspirational stories as participants were armed with the added confidence and direction to make the necessary changes to maximise their full potential.

Interested in attending the next ACTIVATE workshop please email us at info@p31consulting.com for further details.

TAKE ACTIVATE TO YOUR ORGANISATION!

If you believe your organisation could benefit from this workshop or any of the services that P31 offers then please contact us.

COACHING – DOES IT REALLY WORK?

Coaching is not a new phenomenon. For centuries coaching relationships have helped steered many into developing practical strategies, increased self awareness, energy and motivation, into achieving the coachee's life time goals and aspirations.

In recent years we've seen great athletes and footballers attain renowned world status as being masters in their field – Tiger Woods, David Beckham, Dame Kelly Holmes, to name but a few. However, they could not have achieved these great feats on talent alone, but had coaches who worked tirelessly with them to motivate and inspire them to be the best that they can be.

Coaching is an ongoing relationship between coach and client to address issues which the client would like clarity on and to develop healthy, positive outcomes.

So if you want clarity over career or lifestyle management, a business idea which needs to be developed or to hone and sharpen your leadership skills, then coaching should be considered to add to your personal development portfolio. Contact us today for more information about our bespoke coaching packages. The investment pays great dividends.

EVENTS COMING UP

Boost your energy, confidence, self-esteem and personal direction.

Helen Dupigny, Career Skills Coach and Liz Springer-Bawuah, Nutritional Expert in lifestyle and dietary changes, will share with you techniques and tips on how you can increase your level of motivation by eating and thinking positively.

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You are receiving this email from Audrey Linton because you expressed an interest in P31. To stop receiving e-mails from P31 please reply and write UNSUBSCRIBE in the subject line. We respect your privacy and time.

This interactive evening seminar is on Wednesday 10 May 2006. Investment £35. Contact 0207 096 0663 for further information.

EMPOWER CONFERENCE - 20 April 2006

The Empower Conference is an initiative ran by the University of East London and provides ethnic minority women with the tools and the support necessary to start and run their own businesses. For more information contact Rugina Monnan on 020 8223 2289 or email r.monnan@uel.ac.uk.

Training with Purpose, in partnership with Deep Calleth Unto Deep is hosting an Inspirational Workshop designed to equip, empower and inspire you to reach for the next level. Saturday 17 June 2006. For further details call 07966 060 215 or book online at www.deepcalling.com

Shekinah Events are now taking bookings for its Gospel Summer Ball on 28 July 2006. Email: shekinahevents@hotmail.co.uk

TRANSITION FROM EMPLOYEE TO ENTREPRENEUR

STEP 2 – WRITE A PLAN

In our last edition of P31 Networking, we discussed the first step towards making the transition from employee to entrepreneur entitled – Know your purpose. As the saying goes fail to plan and you plan to fail, but we would go one step further and say fail to WRITE A PLAN and your plans will continue to be ‘Pie in the Sky’! So, as an employee this is the time that you start putting your plans in place.

Things you will need to consider are:

Is my business idea viable? This is the time to speak to others who may be running a similar business; Who will want what I have to sell? - In other words who are my customers- their age, social background, gender, where to do they live? Will I be selling directly to the public or to other intermediaries (ie other businesses)? This is the time to do your research and really find out about your products and services and your target market.

You may be thinking – aren’t we missing something here? Don’t we need to consider costs? Yes, costs are very important, but the reasons why so many people fail to go through with their ideas is that they consider the financial costs too early! Once they consider their costs and see that they can’t afford such proposals, they give up on their dreams. We will be discussing costs at a later stage, but at this point of your embryonic business development let’s keep the vision alive. Therefore, write a plan of action, identifying your Immediate goals – what you need to do every day, short term goals – between one to six months, Medium term goals – up to two years, Long term goals – over two years, Panaramic goals – five years and beyond.

There is a 95% chance in achieving goals that are written than goals that just remain in the recesses of your mind!

STOP PRESS

Would you like to contribute to P31 Networking. Have you got an inspirational story to tell? P31 has over 300 subscribers who are just waiting to hear your story. Drop us an email today registering your interest.