

“Time for You” Workshop

Learn how to de-stress and look after yourself

2-5pm Saturday 1st May 2010

at Penny Price Aromatherapy Ltd, Spa Villa,
41 Leicester Road, Hinckley LE10 1LW

£35 for 3 hour workshop (includes print out of your *personal results & refreshments)

- Wanting to start something new, but can't until you clean the house/get fit/have the money/have the time?
- Do you only give time to yourself after you've looked after everyone else?
- Are you in a constant rush, and afraid you haven't got enough time to fit everything in?

Any of these sound familiar? There will probably be one or 2 of these statements that you can identify with. These types of sayings are linked to our motivational “Drivers”.

During this 3 hour workshop you will:

- *Receive a printed report of your personal results (you will complete a questionnaire and return it prior to the workshop for assessment).
- Learn about the 5 motivational “Drivers” and the coping strategies you can use to feel “OK” about yourself.
- Recognise your primary driver (identified from the questionnaire), find out why you react the way you do, and see how changing your behaviours can help you with difficult situations and reduce stress.
- Be able to use your Driver's “Antidote” to deal with difficult situations more effectively and lower your stress levels.

Contact Karen Chambers on
07985 081680 or e-mail
Karen@kccoaching.co.uk to book your
place and for more information.
Only 12 places available (closing date to
book 28th April 2010).

You can also book on-line by going to
www.timeforyou.eventbrite.com



KC Coaching

Coaching for change and inspiration

Karen Chambers BSc, PGCert Coaching

Tel: 07985 081680

Karen@kccoaching.co.uk