



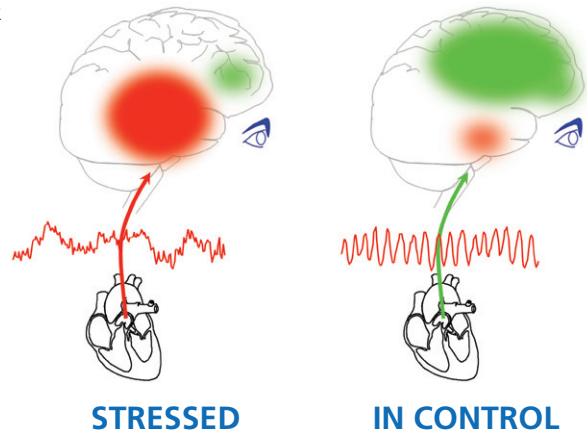
inspiring performance
in people, teams and organisations

Pulling My-SELF Together

This workshop is for you, personally. It will improve your understanding and capability to manage your own stress, pressure and motivation. It will share some simple yet powerful skills, to enable you to literally "Pull Your-SELF Together" with more confidence.

What you will take away:

- 1 Insight & understanding on how your brain & heart link.
- 2 A deeper understanding of what causes you stress, so that you can learn to motivate yourself with more confidence.
- 3 Skills to **Pull Your-SELF Together** including:
Heart-connection and mindfulness techniques.
How to 'Choose My Attitude' in times of pressure.
- 4 A resolve and sustainability plan **to be** as well as **to do**.



What it will cost? Where? When?

£195 per person, discount for group bookings & charities
September 14th, 9.30am - 5pm, Ware, Hertfordshire

"I would just like to say how much I enjoyed Richard's course last week. I am amazed already by how often I am using the methods. Seems to make everything much more manageable and I feel composed at all times!"

"Working under pressure and building resilience are issues high on my agenda. Working with Guy and learning simple tactics to help me perform effectively and deal with stress has helped enormously - I was impressed with the effectiveness of these methods"

Richard Thorp

Richard has developed many service, leadership & culture change programmes, including an award-winning programme for Tesco. He is highly respected for his ability to balance focus on what is best for the business and the individual.

Guy Longshaw

Guy uses HeartMath techniques together with the simple philosophy of mindfulness to help individuals and groups make sustainable changes. This helps people who often know the 'What?' to meet the harder challenges of 'How?'

For more information please contact Richard or Guy on 01763 271430 or:
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guy@wiseheart.co.uk mobile: **07525 021878**

To request a booking form please email your request to **info@wiseheart.co.uk**
or download one from our website **www.wiseheart.co.uk**