

Being Authentic

Understanding and being true to your values and purpose.

15

Jan

15 January 2020

9.00am - 1.00pm

The Borough, Lancaster, LA1 1PP

"Ask me whether what I have done is my life."

This line from the well-known poem "Ask me" by William Stafford raises the question "is the life I am living, the one that wants to live in me?"

And whilst we understand that not everyone can follow their passion and make their living from it, we can align our values to our leadership and ensure that our role brings us fulfilment.

Join us for a fascinating insight into how we can align what we were born to do with what we actually do, so that we can inspire those around us and lead with authentic purpose and compassion.



Led by **Katy Mason**, NLP master practitioner and Executive coach whose combined training and coaching approach leads individuals to discover their own why.



Four morning sessions which include networking 2 course lunch held at The Borough, Dalton Square, Lancaster.

Available to both Chamber members and non members.

Delegates booking all four sessions will receive a 10% discount. Attendees of all four sessions will be invited to a drinks reception where they will receive an Aspire certificate.

Book Today!

£69 Member

£99 Non-Member

Price per person, per session exclusive of VAT

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Chamber
OF COMMERCE



a series of learning experiences for aspirational leaders

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Being Resilient

Managing stress and keeping your inner battery topped up

16

July

16 July 2019

9.00am - 1.00pm

The Borough, Lancaster, LA1 1PP

"Take this pressure off my back.
Anymore and I may crack,
Figures pulsate in my head
Sleep's a stranger in my bed."

Balancing a demanding career or building your own business is a challenge and often we are more stressed than we realise. Sleepless nights, lack of concentration, difficulty when making decisions and even weight gain can be signs of stress. There are physiological reasons for this and simple and effective ways to reverse the damage.

In this workshop, we are introduced to the science behind stress and gain an understanding into the damage caused by living 'on high alert'. Delegates will learn simple daily routines which reduce stress levels and improve resilience. Practiced regularly, these techniques will change your life.

Being Impactful

Building your credibility both inside and outside your organization

3

Sept

3 September 2019

9.00am - 1.00pm

The Borough, Lancaster, LA1 1PP

"Impact is the story you leave behind."

When you've established your business or career and you're working hard to get to that next level, being impactful should be your byword.

So whether you want to create a lasting impression in a sales meeting, a presentation or a board meeting, understanding how to create an impact is vital.

During this interactive session we will equip you with some great tools and techniques which will:

- Help you build effective networks, partners and contacts.
- Promote yourself and your business F2F and online.
- Perform confidently in meetings or when presenting.
- And most importantly, make an impact.

Being a great communicator

The key to great leadership and management

19

Nov

19 November 2019

9.00am - 1.00pm

The Borough, Lancaster, LA1 1PP

As leaders and managers, we regularly need to share information with our teams, but just how well are we communicating?

Information and Communication are words that are often used to describe the same thing, but they are very different. Information is 'getting it out', communication is 'getting it through'.

In this fascinating session we will be working in groups to consider and discuss the importance of great communication and uncover the art of giving and receiving communication.

To be a great communicator, we believe there are three unbreakable rules; be truthful, be considerate of your audience, be yourself.

At the end of this session you'll believe them too.



Led by **Wendy Bowers** who is an accredited Heartmath practitioner in addition to being an experienced business mentor and coach. Heartmath is used by the Military, in Healthcare and in Education and increasingly in corporate and individual coaching settings across the globe.



This session is led by **Wendy Bowers**, experienced board member and presenter and **Amanda Jackson** who, in addition to building her own successful PR business, is an Associate Lecturer in PR at Edgehill University and a Director of the East Lancashire Chamber of Commerce.



Delivered by **Wendy Bowers** and **Katy Mason** (see sessions one and two for information)