

WOW (Women of Worth!) Programme

Kick-start Your Life A Workshop Specifically Designed for Women

Whether you want to Kick-Start your leadership skills, your career, your relationships or your whole life, this 2-day workshop is designed to achieve just that.

The programme brings together a number of successful workshops and presentations designed and delivered by Anita Morris of Holden Morris Consulting Ltd. The overall aim of the programme is to put you on the path to becoming your own life coach. It is ideal for women in leadership positions; anyone returning to work after a break; those making a career change; those who want to make a greater impact in their work or personal lives; those wanting to improve relationships at work and for any one who just wants to achieve more in their lives.

The course covers:

- Personal presentation creating the right 'First Impression'
- Body image, diet and exercise
- Emotional Intelligence
- Goal setting
- Communication skills
- Assertiveness
- Work life balance
- Increasing personal confidence
- Building self esteem
- Emotional Intelligence

At the end of the workshop you should be better able to:

- Understand how to create the impression you want to create.
- Feel positive about yourself and your body image.
- Take a positive stance in becoming fitter and healthier.
- Recognise your goals and how to achieve them.
- Build rapport with people quickly and with confidence.
- Feel more confident in new situations.
- Deal with difficult people.
- Say 'No' without feeling guilty.
- Understand how to reduce stress in your life.
- Leave ready to face the world!

The programme is presented in an informal and relaxed manner. All delegates will be provided with a work-book to take away with them, to assist them in their on-going development.

Your course leader Anita Morris is a Work Psychologist specialising in the key areas of:

- leadership development,
- executive coaching,
- psychometric assessment
- stress management.

Prior to studying psychology Anita worked in sales and marketing, mainly in manufacturing industries. She has also worked in the beauty industry and has run fitness classes, which is perhaps a little unusual for a qualified psychologist!

**HOLDEN
MORRIS**
Consulting Ltd



'I really appreciated the relaxed friendly atmosphere – completely non-threatening, hard working and very positive' CG, Liverpool

'Great course and great tutor. I will definitely be taking some good points of thought back with me, thank you!' JH, Knowsley

'Very well planned and organised and Anita worked really hard to socialise and facilitate discussion in and out of the training room'. LK, Liverpool

'Very enjoyable course would be happy to attend other courses delivered by Anita'. LB, Sefton

'Thanks for a great 2 days!' JC, Hitchin



Dates

Dates: 23rd/24th January 2007
and 8th/9th February 2007

Venue: The Foresight Centre, University of
Liverpool

Cost: £395 plus VAT

Delegates from SMEs in Greater Merseyside may be eligible for up to 45% funding towards the cost of this course.

For further information on the programme, dates of forthcoming programmes and details of how to enrol,

Please contact:
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