

Self-Management

– Build your Capacity for the Upturn

A free training for representatives of organisations

Times have been tough and as the economy improves you may well find yourself busier than ever. As a manager, you are your most valuable resource and managing your time, energy and mood are critical challenges. Your team's effectiveness is also hugely influenced by your personal leadership. Invest in your foundation for effective action by attending this free personal capacity workshop. The afternoon will be highly interactive and include training in time management, Emotional Intelligence and uniquely - Embodied Management Training.

Benefits of Attending Include:

- Increased personal resilience
- Increased capacity for demanding workloads
- Increased ability to manage energy levels and mood
- Increased ability to manage change and stress
- Increased understanding of your personal impact and non-verbal communication

Trainers Mark Walsh, Clare Myatt, Francis Briers, Dawn Bentley and Andy Mason bring a wealth of experience from leadership development, coaching and psychology, from the private, non-profit and public sectors.



Friday 6th November

2pm-5pm - optional buffet lunch from 1.15

Venue: [Friend's Meetings House](#), Brighton (10 min from Brighton Station, 1hr from London Victoria)

Free to representatives from organisations who are responsible for booking training and those willing to report back to them. There will be no sales at this event – the deal is that you get high quality training for free so that we can show you how we can benefit your organisation.

Booking in advance – Contact Mark Walsh- integrationtraining.co.uk 07762 541 855

