

Believe Training & Development



Personal Development Workshops



Dreams can come true: Do you have unfulfilled dreams and wonder where you went wrong or why you couldn't even get started? Sometimes our dreams and ambitions get put on hold because 'life' gets in the way. Then we lose focus and before you know it life is passing us by. This workshop will show you how to get back on target, clarify what you want out of life and write your own action plan for achieving your dreams

Lift your spirits: The events of the world, our community or even the behaviours of those around us can affect how positive or negative we feel. Developing a positive attitude will help you remove negativity and your self-limiting beliefs which may be stopping you enjoying life to the full. You will be able to take back control of your life so you can take action and get the results you want.



I'm OK.... You're OK Do you ever say something in anger and regret it later? Would you like to be able to say the right thing at the right time and keep your self-esteem intact? This workshop will introduce you to some of the techniques of assertiveness to help you get more of what you want whilst still respecting the rights of other people.

What did you say? What you say isn't always what the other person hears. Have you ever suffered from 'crossed wires' or said 'That's not what I meant'? Come and find out some simple ways of enhancing your communication whether it's with partners, family, friends, colleagues or the boss.



I wish.... I can! Do you ever feel 'stuck in a rut'? Do you often say 'why me?' or 'I can't do that'? Changing your attitude can change your whole outlook on life. It opens up new opportunities and offers you more exciting things to do. All you have to do is seize the moment. Come and find out how you can change your life.

Relax We all experience stress at some point in our lives but how we deal with it will be the deciding factor as to how badly it affects us. If you sometimes feel that things are 'getting on top of you' or you feel you have lost control, this workshop will help you identify where your stress comes from, identify the signs of stress and help you develop 'good' coping strategies



Why not treat yourself to our 2/3 day **Relax & Revitalise Retreat** where we cover all the above and give you time to relax and revitalise your mind and body (ask for a details)

We also do '**At Home**' training; just choose a topic, invite friends and family (minimum 6 people) and enjoy a 2 hour private training session for just £12 per person (ask for details)