



Put a spring in your step &
a smile on your face
with our
Relax & Recharge
(Mind & Body)
Break-away



Get away from it all and begin your journey in pursuit of happiness. You'll be able to recharge both mind and body, make new friends and feel refreshed and motivated to face the world

Saturday 24 & Sunday 25 March 2012

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- 9.00 – 4.00 Part 1: The here and now
Emphasising your strengths (you have lots of hidden talents so let's find them)
Dealing with self limiting beliefs (changing I can't into I can)
Dealing with stress and learning to relax (What triggers your stress reaction? Improving your coping strategies)
Guided relaxation (aaah bliss!)
- 4.00 **Check in to your room** and take advantage of the facilities on site (advance booking required for spa treatments. The spa is open until 6pm, the fitness centre and pool are open until 8pm)

Sunday 25 March 2012

- 10.00 – 4.15 Part 2: Happiness Mapping
Dreams, goals, ambitions – your best chance of success (the secrets to getting more of what you want)
Nutrition for vitality presented by Jan Cassells of Food 4 Vitality, Brigg

The venue is the beautiful **Burntwood Court at Brierley**. Burntwood Court is surrounded by **wonderful and expansive countryside** providing a relaxed and **peaceful setting** which is easily accessible from Doncaster, Wakefield, Leeds, York, Sheffield, Barnsley and Rotherham.

The complex consists of the hotel, a bar and restaurant, a night club, a fitness centre including pool and spa facilities, and ample parking. Please check out the facilities on their website <http://www.burntwoodcourt.co.uk/>

Only £185 per person

(2 day workshop, 1 night's accommodation, 2 lunches & refreshments)

Closing date for bookings 2 March 2012

Contact Mary on 07944 801 696 or email mary@believeandyoucan.co.uk

believe (and you can!)
training & development

