

Unlock your Potential! Booking Form

Name:

Organisation:

Address:

Town:

Postcode:

Telephone(s):

Email:

On receipt of your booking form we will send you confirmation of booking. Confirmed bookings may not be cancelled. If you are unable to attend you can send another delegate in your place or attend a future seminar at no extra charge.

The seminar price includes refreshments and all course materials.

Send your completed booking form with a cheque for £97 (made payable to Judith Brady) to:-

Judith Brady
47 Cleave Road
Barnstaple
North Devon
EX31 2DU

(Tel: 01271 328034 or 07766 358899)

Our deepest fear is not that we are inadequate.
Our deepest fear is that we are powerful beyond measure.
It is our light not our darkness, that most frightens us.

We ask ourselves, who am I to be brilliant,
gorgeous, talented and fabulous?

Actually, who are you not to be?

You are a child of God.
Your playing small doesn't serve the world.
There's nothing enlightened about shrinking
so that other people won't feel insecure around you.

We were born to make manifest
the glory of God that is within us.
It's not just in some of us.
It's in everyone!

And as we let our own light shine
we unconsciously give other people
permission to do the same.
As we are liberated from our own fear
our presence automatically liberates others.

Marianne Williamson



Course Leaders

Judith Brady
Image Consultant
01271 328034 or 07766 358899
info@judithbrady.co.uk
www.judithbrady.co.uk

Karen Janas
Confidence and Speaking Coach
0844 371 8411 or 07773 350459
karen@karenjanas.co.uk
www.karenjanas.co.uk

Hazel-Ann Lorkins
Specialist in Non-Verbal Intelligence
01884 210290 or 07989 605286
hazel-ann@LifeSparkle.co.uk
www.LifeSparkle.co.uk

One-day workshop for women



Unlock your potential!

- Worried you're not making a good first impression?
- Do you wish life could be different?
- Not sure how to make changes?
- Do you feel invisible?
- Have you lost the plot when it comes to how to dress?
- Do you feel everyone else has it all together except you?
- Scared by important social or business events?
- Not getting the results you want?

Then this workshop is for you!

Tuesday 11th May 2010

10am - 4pm

**Rockwell Green Village Hall,
Wellington, Somerset, TA21 9BV**

Here are just some of the secrets you'll discover on this fun workshop

- How to create a positive first impression
- Techniques for increasing your self-esteem
- Simple changes you can make that will transform your experience
- How to get yourself seen and heard
- Top tips to create your own style
- Easy strategies to boost your confidence
- Practical skills to build rapport and assertiveness

Treat yourself to a lasting transformation!

Our fabulous, fun, interactive workshop will provide you with top tips on how to gain the confidence you want. Learn simple practical skills and strategies to boost your self-esteem and increase your effectiveness.

Whether you are returning to work, preparing for a special event, lacking in self-confidence or in need of a makeover, you can't afford to miss this workshop. Not only will you come away with your own personal action plan but you'll also have lots of fun in a safe and supportive environment.

Only £97

including refreshments and all workshop materials

Book NOW!

(Places are strictly limited)

Your workshop facilitators

Judith Brady



Devon's answer to Gok Wan! Judith is a qualified Image Consultant and member of the International Federation of Image Consultants. She is also a graduate and member of the International Association of Style Coaches, which promotes a unique approach to Image Consultancy believing that just as much attention should be paid to how you feel about yourself inside as how you look on the outside. Looking good is only half the picture! Judith is passionate about helping women to acquire the confidence and power that looking good *and* feeling great gives and she can help you achieve instant results with a lasting impression.

Karen Janas

Karen Janas is passionate about helping people reach their potential, find inner confidence and speak up with skill and self-assurance. She values people's individuality and strengths and helps them identify these within themselves, developing self-belief and self-worth. She is a professional coach, trainer, counsellor, public speaking and communications expert.



Hazel-Ann Lorkins



Hazel-Ann is committed to reversing the trend of over-training and under-implementation. She equips people with skills and strategies to achieve a better work-life balance, deal effectively with difficult relationships and situations, and communicate effectively without appearing obnoxious! She is a Master Practitioner in NLP (neuro-linguistic programming), a certified NLP Coach and a graduate of Michael Grinder's rigorous year-long programme in Non-Verbal Intelligence and group dynamics.

Discover the secret to looking good, feeling great and making a fantastic first impression!

Whoever you are, whatever you do, we'll give you tips on how to get your point across.

Ever wondered what first impression people pick up about you? Are you worried you may be self-sabotaging? We'll teach you strategies to ensure your body language and other non-verbal signals work for you, rather than against you!

Feel as if you've lost your way? Set yourself on the right track by attending this workshop. You'll leave with your own personal action plan for creating the new you!

Secure your place on this fantastic workshop by sending the booking form overleaf together with your payment to:-

Judith Brady
47 Cleave Road
Barnstaple
EX31 2DU

E-mail: info@judithbrady.co.uk