

BREATHING SPACE

Career retreat for women, Re charge and move forward
Thursday 13th - Sunday 16th October 2011. All Inclusive £975



Jenny Eaton
Personal Development Coach



Mags Sorrell
Breathing Space Director

Do you long to be passionate about what you do? Are you looking to change direction in your working life? Perhaps your job has been made redundant - or you're just fed up with the day to day 9-5 grind.

But it's hard to think about making changes when day-to-day responsibilities overwhelm you.

You need the breathing space career retreat to reflect and make the decisions that will lead you to the life you long to live.

In a tranquil setting, you will find the personal support to:

- Step out of your situation and consider it from a distance
- Reflect upon you, your life, your future dreams
- Connect with your passions and dreams, then relate them to your future work
- Map your skills, priorities and goals in relation to your career
- Create the work\life balance that makes sense for you
- Reflect on your values - what matters to you now?

You will leave the retreat with an action plan that will help you move forward, along with a toolkit for well-being including techniques to manage stress, maintain positive energy and stay balanced.

Come and relax, meditate, socialise and enjoy delicious, healthy, home cooked food and wine, enjoy being pampered by our specially chosen Therapist team.

Daily workshops with Jenny our development coach.

Please feel free to e mail or ring Mags for more information mags@breathingspacenorfolk.com 01692 582233 or mobile 07970 867780