



learning consultancy

DO YOU WANT THE RESULTS YOU WANT AS SOON AS POSSIBLE ?



COACHING RETREAT

'How to remove obstacles
And achieve your goals NOW.'

Why this programme is just what you need?

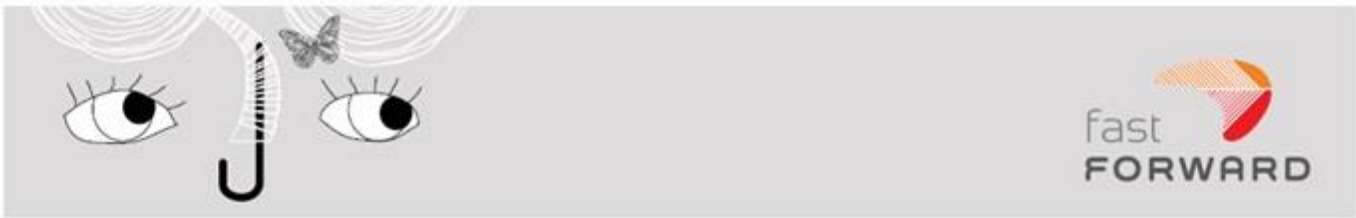
At certain times we feel the need to review our life and identify areas that are going well or those we are less happy with. As a result of this we set goals or decide actions that will enable us to make the changes we want. But how often do we really succeed? And do you understand why you sometimes do and sometimes don't, so you can repeat your successes in the future?

If you are serious about making real changes then you can invest some dedicated time into your personal or professional growth and get the help you need to achieve what you want:

- Improve your health, reduce stress and have greater work life balance
- Decide and make a change in your career
- Improve your effectiveness and success in your work or gain a promotion
- Improve certain 'challenging' relationships
- Deal with a particular recurring problem in your life
- Become a better role model for your family
- Or just take some time to work out what you really want in your life

Many of you may have already experienced the benefits that good quality coaching can bring you. But this intensive, high impact approach will enable you to explore and overcome what stops you making long lasting changes and have a motivating plan to achieve those goals.

With 3 different programmes to choose from, you decide which approach suits you best so you can move at the pace that suits you and can manage in your day to day life.



YOUR LEARNING EXPERIENCE

GOALS: Deciding what you really want

- Profiles to increase self awareness
- Questions to review and reflect
- Exploration of possible goals and barriers to achieving them

OBSTACLES: Identify and removing obstacles to success

- Time Line Therapy for releasing negative emotions
- Theta healing for removing limiting beliefs
- Challenging questions and new perceptions to change your point of view

LEARNINGS: Tools and techniques to achieve our goals

- New ideas and approaches
- Using your strengths to achieve what you want
- Not sabotaging yourself

ACTIONS: A clear plan of action for success

- What is necessary for success
- How to put this into practice in a motivating way
- A clear step by step plan

FOLLOW THROUGH: How to make it work for the long term

- Overcoming setbacks
- Staying motivated
- Ongoing help and support
- Celebrating successes, large and small



All Programmes include:

- Preparation
- Personal SDI profiles and reference materials
- Personal Action Plan
- Proactive follow up and support

YOUR ALL INCLUSIVE DISCOUNTED OPTIONS

2 Days	Full Learning Experience plus evening exercises, reflection and planning From 10.00am day 1 to 16.00 Day 2 Including 1 nights' accommodation and all meals	1950€
3 Days	Full Learning Experience plus evening exercises, reflection, planning and evening discussions From 11.00 day 1 to 15.00 on day 3 including 2 nights' accommodation and all meal	2250€
5 days	Full Learning Experience plus evening exercises, reflection, planning, evening discussion, meditation and other practice sessions 5 day retreat from 13.00 day 1 to 13.00 day 5 with 4 nights' accommodation and all meals	3500€

All Sessions include:

- All sessions in English by Pam Welsby, Founder and CEO & at the [Fast Forward Learning Center](#)
- Timings and exact coaching plan agreed individually
- For further information and to discuss your specific needs contact pam@fastforwardonline.com