



*Dare to trust in yourself.....  
..... invest in yourself.*

*Access your Potential*

A one day event for women wishing to take some time to explore change and a new direction.

***16 places only***

- ✓ Reflect
- ✓ Review
- ✓ Relax
- ✓ Re - vision

Take some time to:

- Reflect on what you do really well and what you enjoy
- Explore what path your future could take, fulfilling your dreams & aspirations, unlimited by fears and beliefs
- Create a new vision for yourself; draw on your strengths, life experience, and values.
- Learn some tools that you can access when you want

Whether searching for a career change or just reviewing your life, this day will provide you with the space and resources to look at your life and where you want to go next.

AppreciatingPeople  
inspiring strength based organisations



the health place



Blackburne House Group

## Book now for A special day

***A NEW YEAR-  
Reflect and Renew:  
Time for You***

**January 14th 9.30-4pm**

An intensive day with  
**2 highly experienced  
facilitators**

who will accompany you on a  
personal journey of reflection and  
direction.

In the supportive surroundings of  
The Health Place  
Blackburne House  
Liverpool L8

Cost £97 includes:

- ✓ Lunch and refreshments
- ✓ A therapy discount
- ✓ A full day of group and personal work
- ✓ Tools that you can use any time in your life
- ✓ Follow on by email

**For more information**

call Suzanne Quinney  
07940 726067

[appreciatingpeople.co.uk](http://appreciatingpeople.co.uk)

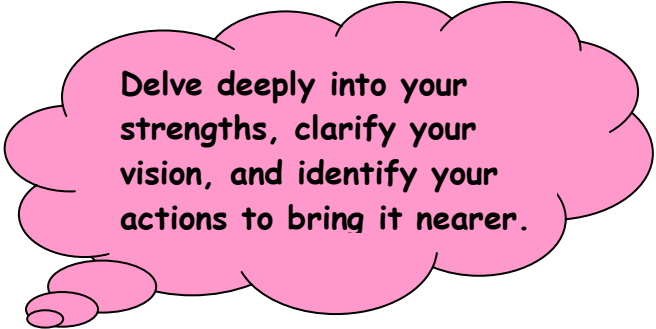
**To book**

call 0151 708 3912 or email  
nataliikhudenko@

blackburnehouse.co.uk

[www.blackburnehouse.co.uk](http://www.blackburnehouse.co.uk)

The day will be facilitated by skilled trainers and coaches who will introduce you to a number of useful approaches to reviewing and reflecting on your life and direction:



Delve deeply into your strengths, clarify your vision, and identify your actions to bring it nearer.

### **Suzanne Quinney**

who made her own positive transition in the '90's from an international UN research job in London to a renowned spiritual education centre - The Findhorn Foundation, [www.findhorn.org](http://www.findhorn.org) Scotland where she lived and learnt and taught personal development workshops for 7 years.

6 years ago she made another transition and moved to Liverpool where she co founded an organisational development company, Appreciating People [www.appreciatingpeople.co.uk](http://www.appreciatingpeople.co.uk).

She is a trained mentor and coach and now combines what she learnt in Findhorn with a more conventional work life.

### **Helen Bush**

has made a number of positive transitions in her life - from horticulturist to Chartered Landscape Architect; to Executive director of a large charitable organisation; to her present life choice as a Senior Associate in strength based Organisational Development and Strategic planning, personal development, business coach, and Ceramicist.

See website for more details.

[http://www.appreciatingpeople.co.uk/?page\\_id=104](http://www.appreciatingpeople.co.uk/?page_id=104)

For more information on the day contact Suzanne *0151 427 1146*  
*07940 726067*

[suzanne@appreciatingpeople.co.uk](mailto:suzanne@appreciatingpeople.co.uk)