



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

*Access your Potential*

A one day event for women wishing to take some supported 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.



Blackburne House Group

## Book now for A special autumn day

*Reflect and Renew:  
Time for You*

**Oct 8<sup>th</sup> 9.30-4pm**

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

to 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:

- ✓ a lunch in the cafe
- ✓ a discounted therapy taster session
- ✓ A full day of group and personal coaching

**For more information**

call Suzanne Quinney

07940 726067

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

**To book**

call 0151 708 3912 or email

nataliakhudenko@

blackburnehouse.co.uk

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



**Delve deeply into your strengths,  
Clarify your vision,  
identify your actions to bring it nearer**

**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:**

**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>

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

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