



**Informal monthly evening workshops
for women - relax and enjoy, whilst
supporting and growing together...**

Increase your confidence and feel more empowered!

FIZZ & FLOURISH EVENINGS

Lymm Business Centre
Lymm Library Annexe
Davies Way
Lymm
WA13 0QW

6.00 pm to 7.30 pm
£25 per session

www.iyt-coaching.co.uk/flourish

**Invest in your personal development
and well-being, whilst enjoying a glass
of fizz (tea and coffee also provided)
and learning new techniques and
takeaway tools to help you better
manage your day-to-day life!**



**IGNITE YOUR TALENT
COACHING**

CLARITY+CONFIDENCE+ACTION=TRANSFORMATION

FIZZ & FLOURISH EVENINGS

2020 DATES
(all Thursdays)

5 March
23 April
14 May

25 June
23 July

Come on your own and receive a lovely warm welcome or with your friend, mum, sister or daughter - a friendly social environment - with a great twist!

Parking on site and just 2 minutes walk to the bars and restaurants of Lymm village if you would like to continue your socialising afterwards...

WHAT'S INCLUDED AND EXAMPLES OF TOPICS:

What makes you tick?
(Personal Values)

Creating Future You
(Visualising the Future)

What's Stopping You?
(Limiting Beliefs)

- different workshop each month
- individual personal workbook to record learnings and future reminders
- topic introduction, presentation and group exploration with Suzanne
- sharing and discussing experiences within the group (if comfortable to)
- practical exercises; visualisation; fun activities, worksheets; reflecting and much more
- homework and recommended reading for further exploration if desired
- Q&A, summary and confirmation of takeaways

INVESTMENT: £25 direct payment (£27.40 on Eventbrite)
or 3 x events package of £68 - £14 saving on retail price!

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