



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

**Increase your confidence and feel more empowered!**

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# **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](http://www.iyt-coaching.co.uk/flourish)

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**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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Wellbeing events & support