

FREE Learning Sessions in Coventry to celebrate “Learning at Work” Day

Workshops run from 9.00 a.m. until 11 a.m.

Workshops last for 30 minutes, with 2 running at the same time. You need to choose the 4 you want!

Networking 8.30 a.m. – 9.00 a.m.

Tea & Coffee on arrival – Donations to Macmillan Cancer Trust

Session	Presenter
“Energising the Workforce: non-sweat exercises to keep your Energy High”	Ernie Boxall, Balance Health & Fitness
“Understanding and Developing Functional Skills in the Workplace”	Becki Coombe, The Learn2 Group
“Ten years to Save <u>your</u> Retirement”	Peter McNulty, AFH Independent Financial Services
“How Corporate Social Responsibility (CSR) can help you to enhance your reputation <u>and</u> increase the value of your business.”	Jo Sandford, Creating Synergy
“Overcome your Fear of Public Speaking”	Rita Sandford, Inside Out Learning
“The Essentials of Data Protection”	Sally Stainer, PIM Consultancy
“Successful Goal Setting”	Nick Howes, LMI (UK)
“Ten Tips to get your Business Noticed Online”	Jane Poulter, Time Jugglers

Venue: The Quadrant Business Centre, No. 3 The Quadrant Coventry CV1 2DY

Places are strictly limited, so **BOOK NOW!**

Email ritasandford@insideoutlearning.co.uk