

**EXPERIENTIAL WORKSHOP  
21<sup>st</sup> / 22<sup>nd</sup> January 2016  
at Eaves Hall**

**INSTRUCTIONS TO DELEGATES:**

DRESS CODE: Smart Casual

TO BRING : An object that best represents them  
Note pad and pen.  
An open mind!

**WHAT TO EXPECT:**

This interactive workshop which includes an overnight stay, is intended to provide the group with the opportunity to form a trusting bond that will lead to effective collaborative working. Delivered by Lesley Calland and Alison Park of People Power Coaching Ltd, the event is guaranteed to be insightful, interesting and invigorating.

Their relaxed, practical approach will stimulate moments of self-awareness that will have a positive impact on future performance. This is achieved through

- Improved listening skills, to not only hear but understand what is being said
- Critical thinking time to emphasis the power of time out to focus on what is really important
- Creating a broader understanding of how their behaviour can affect others
- Developing a willingness to contribute high value input to the group
- Identifying their own strengths and abilities and appreciate those of others
- Alignment with the university's objectives

This is not an academic programme. Everything is designed to offer a practical solution or a new approach to a situation. Delegates will leave armed with the knowledge of how to do things bigger, better or just different. They will appreciate how they need to adapt or change to fit within the needs of the group, leaving with a vast array of practical day to day tools that can be applied to any areas of their life.

**TIMINGS:**

DAY 1 - 4pm to 6pm, Evening meal at 6.45pm

DAY 2 - 9.15am to 4pm

## **FACILITATORS:**

**Lesley Calland** is the Founder and Managing Director of People Power Coaching Ltd, an organisation which focuses on coaching ambitious people to achieve even more.

Specialising in leadership skills, her passion is to inspire and create high performance teams and results focused individuals. She is therefore widely known for her unique, direct yet very supportive, approach that presents relevant feedback and insights in order to improve and develop. As an Honorary Teaching Fellow at the Lancaster University Management School, she fully understands the expected outcomes of such workshops as these.



She has a natural ability to create transformational change by blending her knowledge gained from her past career experiences as a senior manager within major high street retailers, with her ten years as an SME owner/manager running several award winning property businesses and now as a fully qualified executive coach and business mentor.

Always delivering with enthusiasm, she has a deep willingness to help others, motivating them further with the high level of energy she brings to the room.

**Alison Park** is a Business Coach and Programme Director at People Power Coaching Ltd. Passionate about business and dedicated to making a difference to the strategy and standards of SME's, she is instrumental in the creation, planning and delivery A..I.M, a three stage leadership journey for managers.



Her ability to achieve results stems from her extensive past experiences as the influential Managing Director of her family's craft business, where her highly motivating attitude and calm, caring style were drivers to maintaining a forward thinking collaborative workforce.

Now in a position where she can be supportive to others through successful coaching and training, her logical, common sense approach and ability to ask the 'killer' questions makes her a natural facilitator for these types of workshops.