

# Prepare Yourself

Prior to the workshop, why not start thinking about your objectives for the day.

What we would like for you is to **Keep it Real** and gain maximum benefit from the workshop. Please therefore **feel free to speak up, bring your challenges and challenge our theories.**

Please also **remember to switch off all cellphones and electronic media.** Sufficient comfort breaks are provided for you to connect with your office, clients and social platforms! (Especially if you advise us of any emergencies in advance!)

<p><b>What would you like to achieve and take forward from this course?</b></p>	<p><b>What would you like from the trainer on the day?</b></p>
<p><b>What are your expectations of others at the workshop?</b></p>	<p><b>What would you expect from yourself at the workshop?</b></p>