

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!)

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

