



# THE FORUM

## SYMBIOSIS

Working together • CREATING RESULTS

### What is the Forum?

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We live in interesting times.

Rarely have people been so challenged to map out a future which is sustainable and satisfying. The Forum explores how you can tackle that challenge for yourself.

### Who benefits from the day?

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We are creatures of habit so change invariably needs a strong catalyst and ongoing support. You gain both from the Forum.

### When?

Contact us for the next date in this series of events.

### Where?

Gilpin Lodge Hotel near Windermere, Cumbria.

It's a beautiful place and you can see for yourself at [www.gilpinlodge.co.uk](http://www.gilpinlodge.co.uk)

### What happens during the day?

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You work with experienced coaches. John Wright and Tony Ingleby have both worked with corporate leaders and senior teams for many years. With their support, people see situations from a different perspective and make significant changes.

1. Where am I now? Where do I want to be?
  - Clarify your personal values so you behave in a way which satisfies you
  - Explore a challenging relationship and unearth options for resolution
2. Design a more compelling future for yourself
  - Tap into more energy and inspiration to see you through the toughest times
  - The Six Step model reveals what you really think and feel about a particular challenge, so you unearth wiser and more sustainable options to resolve it
  - Gain a more resourceful way of working
3. Support for change
  - Personal change rarely happens easily, as you can lose enthusiasm and drift back into your comfort zone. We support you via e-mail and telephone coaching, as you wish.

### Cost?

£125 + VAT per person

Accommodation at Gilpin Lodge is billed separately, as people require it

**SYMBIOSIS**

LEARNING AND DEVELOPMENT

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