



## TAKE ONE DAY

In this time of change we are all facing new and different challenges: uncertainty and change at work; unfulfilling careers or relationships; financial pressures, or maybe just our general direction in life.

### The one person best placed to look after your life, career and future is you

**TAKE ONE DAY** – is an innovative, one day course designed to give **you** control in this uncertain world by:

- helping you find the right skills, qualifications, knowledge and attitude to survive and succeed in this new, challenging and austere environment
- getting you to embrace change; feel positive about it and see the opportunities it brings
- understanding and feeling good about yourself
- developing resilience and perspective
- rethinking your attitudes to finance and possessions
- exploring ways to resolve personal issues and dilemmas
- mapping out your prospects, your job and your future

**'Everything you need is  
already inside you'**

*"Very concentrated day. It's up to me, not anyone else!" – A.V. – Public Sector delegate*

Past participants on this course, based upon our **RIDFEAR**<sup>®</sup> self-coaching model, have benefited by coming to terms with imposed situations and seeing them as opportunities then making a success of them. Many have overcome redundancy situations and have found new employment opportunities. Several have realised they have wanted to start their own business and then began that journey. Others have overcome relationship, stress-related or low self esteem issues to improve their quality of life and work related performance.

The course gives you the space and time to look at yourself and your situation and determine what you want your life to be in the future. It is designed to help you find the questions and answers that are right for you!

### No one should look after your life, career and future but you.

*Make Monday 30<sup>th</sup> Jan 2012 the day you start to!*

***The Media Centre, Huddersfield – HD1 1RL***

***Price £125 plus VAT – (Times 9.15 / 4.30)***

Book online @ <http://ridfearjan.eventbrite.co.uk> or for more information contact:

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**Realisation** – begin to discover who you are and what's important to you  
**Ideal** – start to determine what you really want  
**Distractions** – understand and change what is holding you back  
**Focus** – determine which area of your life you can and want to change  
**Ends** – establish what results you want to achieve  
**Actions** – plan how you are going to achieve them  
**Reflect** – take pride in your success, learn from it and reward yourself

