

# YOU<sup>©</sup>

## bethebestyoucan

*"Your professional Trainer will listen, develop and deliver solutions that work for you."*

Andy Garland, founder of **YOU...**

## The Motivator<sup>©</sup>

Experience ultimate motivation – take the First Step, Call Today!

### Workshop aim...

To motivate you to achieve your goals, and give you the tools to motivate others.

### At the end of the workshop you will...

- Understand what motivates you, and how to tap into it
- Know how to motivate others
- Be able to work with feedback to motivate yourself and others

### Workshop content...

- Why motivation works
- Choosing words that motivate
- How to use your thoughts to achieve positive outcomes
- Working with feedback
- Keeping on track

Duration: 1 Day

Cost: £85

Includes:

- All workshop materials
- Refreshments

Course times:

9:30 am – 4:30 pm

Venue: St. Michaels College, Llandaff, Cardiff



*It's all about you!*<sup>©</sup>

FOR MORE DETAILS AND TO BOOK ONLINE

[www.you.uk.com](http://www.you.uk.com)

[info@you.uk.com](mailto:info@you.uk.com)

Call Free On: +44 (0)800 612 2878

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