



Breath of Fresh Air® - Summer Event
Easy Steps for Handling Difficult People
6th June 2014 (9.30am – 12.00pm)
Old Swan & Minster Mill, Old Minster Lovell, Oxfordshire OX29 0RN

In business it's important to create both space and time to think, and our Summer Event is designed to give you just that.

Join us on **Friday 6th June 2014 @ 9.30am** and experience how you can bring a Breath of Fresh Air into your business. Imagine the anticipation as you arrive at our stunning venue. You've left the office environment behind no mobiles, no emails, no interruptions. Just valuable time dedicated to you.

Our facilitated walk around the beautiful grounds of the Old Swan & Minster Mill, Old Minster Lovell, Oxfordshire www.oldswanandminstermill.com and along the river Windrush Valley is limited to a small group of people. We guarantee you time to think as well as an opportunity to connect with others.

During this 'walking workshop' not only will you embark on a physical journey, you will also explore our themed topic and go away with ideas and actions to apply when you return to your workplace. The walk and conversation is structured and facilitated; we follow a gentle physical path as well as a developmental route as we walk.

Learn how to:

- Recognise what makes people difficult;
- Develop flexibility in your thinking and approach to make a difference;
- Manage your emotional response when involved in difficult conversations.

This event coincides with Transverse Myelitis Awareness Day and so the event investment of £25 (+ VAT) (or early bird fee of £20 (+ VAT) if booked before the 23rd May 2014) includes coffee and biscuits and all proceeds go to the Transverse Myelitis Society (www.myelitis.org.uk).

The Old Swan and Minster Mill is kindly sponsoring the occasion www.oldswanandminstermill.com

Come and join us, on Friday 6th June 2014 at 9.30 am for a Breath of Fresh Air® and transform your conversations with 'difficult' people.

To book, please visit our online booking form www.bofa-june2014.eventbrite.co.uk, contact j.harris@breathoffreshair.uk.com, or phone Jacqueline Harris on 01189 690783.

Breath of Fresh Air® - fresh thinking, new directions
www.breathoffreshair.uk.com