

Vision for Learning

Personal Development Retreat

*Courses with Award-Winning Author and Coach
Will Thomas and Associates*



Personal Development Retreat (2 Days)

- Imagine having two days to totally focus on your needs, wants and goals?
- Take some time out to reflect upon where you are, where you want to be and how you can achieve your goals
- Enhance the areas of your life that energise you and find clarity in those areas that have been holding you back
- Career Relationships Family Finances Self-acceptance Interests Travel Balance

Why attend?

This two day personal development experience is designed to:

- Enable you to safely and realistically review your current situation
- Provide you with the best tools to explore what's going on within you and around you and make changes
- Help you to rethink areas of your habits and behaviours that are not working for you
- Reconnect to your strengths and abilities

So to get yourself booked onto one of these courses contact us now.

Places are limited, maximum of eight participants per programme

For details of dates and further information contact Teresa on

Teresa@visionforlearning.co.uk

www.visionforlearning.co.uk

Vision for Learning Ltd

121 Old Hollow, West Malvern, Worcestershire, WR14 4NW

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Course Structure and Outcomes



What will you learn?

- How to manage your mind so that it works for you rather than against you, even more of the time
- How to deal effectively with complex emotions, using a proven process for resolving negative emotions
- How human beings make choices between that which they need to accept in their lives and that which they need to fight for
- How others have overcome their struggles in life and found peace and tranquility

Who is the course leader?

Will Thomas is an inspirational and highly experienced coach, therapist and bestselling and award-winning author. He has over twenty years of experience of supporting people to be the best they can be. He has helped thousands of people to achieve their goals and dreams.

How does the course work?

The programme creates a safe space for exploring and discussing the areas of your life and yourself that you wish to develop. It offers an inspirational set of activities and reflective tools which will include individual, paired and group working. It encourages you to answer searching and empowering questions about yourself, in a way which is safe, secure and supportive. Following the course you will receive two telephone coaching sessions to further develop your thinking and actions.

If I attend?

You can expect to be supported and challenged to take your life to the next level. Whether that be more of something, or less of something, stopping something or beginning something. The journey of your life can easily and effortlessly move forward with clarity and purpose as a result of attending this programme. You will be energized and ready to take action to make changes now.

'Coaching Solutions Resource Book' by Will Thomas can be ordered online at www.visionforlearning.co.uk

You can also sign-up on the homepage to receive your FREE quarterly newsletter 'E-Vision' packed with information tips and advice