

## How big is your BUT?

09:00 – 12:30 | 03/11/2023 | Le Hocq Suite,  
Radisson BLU Hotel



**I really want to, but... That would be great, but... I'd love to, but... I know I should, but... Yeah I know, but...**

Designed for the time starved of today, this workshop highlights the powerful role and influence of limiting beliefs on our individual thoughts, words and actions. Giving you a crash course into what makes us tick and leaving you with tools and attitudes for the Spring ahead, so you can be yourself better. Ultimately, we are what we believe.



**Book now**

By attending this workshop, you can:

- Discover how beliefs are formed.
- Trace the power & impact of beliefs as well as limiting ones.
- Gain insight into how the mind works & regaining control.
- Build ownership of thoughts, words & actions.
- Shrink any imposter syndrome.

- Enhance self-worth.
- Develop resilience through stoic practices.
- Improve emotional literacy.
- Recognise backgrounds anxiety in self and your team.
- Cultivate excellence for bad stress as well as good.
- Leave with easy-to-use tools & techniques for rapid change.

If any of the above sounds familiar, this no-nonsense half day workshop could be for you.

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## **Who's presenting?**

### **Charles Taymour**

Coach Taymour

Charles originates from a corporate background and has been a therapist and consultant since 2003. He's been training companies internationally, leading seminars and enabling private & executive clients to make constructive change with ease. His wellbeing approach is simple, pragmatic, and powerful. With an array of qualifications to help with anxiety, trauma & stress and a no-nonsense approach, Charles cuts through the noise and clutter of modern life to empower his clients with tools & strategies so they can thrive with confidence and resilience. He is also a law society accredited civil & commercial mediator, a former self-defence instructor and an avid cook and archer. Random Fact: He was at high school with Angelina Jolie.