# KNOW MORE! Find your 'YES' with Charles Taymour

09:00-12:30 | 15/03/2024 | Le Hocq Suite, The Radisson Blu Hotel

**Book now** →




**In response to the fantastic feedback received from the two workshops 'How big is your BUT?' we ran last year, we are delighted to announce that we will once again be partnering with Charles Taymour.** 

**Book here**

Because the more you know, the better actions you can take to enhance, improve, and regain control.

Start saying no to the old bad habits and spring into saying yes to new opportunities.

Join us for an interactive & fun morning workshop designed to empower you to:

- Understand the current societal challenges
- Distinguish good from bad stress

- Identify limiting beliefs
- Develop self-awareness
- Minimize anxiety
- Gain insight into the building blocks of the mind
- Alter states naturally & deliberately
- Improve self-worth
- Purge imposter syndrome
- Cultivate assertiveness
- Foster a positive relationship with social media
- Build ownership of your thoughts, words & actions
- Set constructive boundaries at work & at home
- Create an asset base of tools for rapid change
- Maintain a steady mindset

We often overpack for a short trip...just in case. The more you know, the better tools you'll have and the better you'll be empowered to navigate the day to day.

This no-nonsense morning session with Charles Taymour is designed to offer you just that: Pragmatic and practical tools to enable you to regain control and live more assertively, deliberately, and purposefully.

Ready to reshape your life? Let's do this! 

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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.