



**Be inspired, energised and motivated**  
on our

**Turn Your Life Around Weekend**

**Menzies Welcombe Hotel Spa & Golf Club**  
**Stratford Upon Avon**

26th June 2009 or 2<sup>nd</sup> October 2009

On this unique weekend of self-empowerment, you will receive a warm welcome from the Welcombe Hotel staff and be greeted by Simone Ryder, an inspirational coach, author and trainer.

Simone will be taking you on a journey of self discovery, sharing with you her passion for positive thinking and lead you in the techniques that can turn your own life around, achieve personal success in your health, increase your confidence in relationships and enable you to feel really inspired about your future.

You will experience powerful coaching and become motivated by these tools to change your life. You will also have the opportunity to relax and enjoy the luxury of the Welcombe Spa facilities and feel totally pampered by the delicious food and superior accommodation.

By the end of this weekend – your wellbeing will be energised and balanced and you will feel inspired and motivated to put your life goals into action with confidence.

## **Itinerary:**

**Friday - 9.30am arrival and 10.00am start**

- Morning Workshop – How to create positive Values and Beliefs that motivate you to succeed in life
- Lunch
- Afternoon Workshop – How to achieve great Health and Personal Wellbeing
- Learn from the experts in nutrition, exercise and relaxation
- Tea
- Check in and Time to relax in the Spa and walk in the Welcombe hills
- Dinner and Speaker – How to increase your Motivation and Confidence  
Simone will share with you her story of success and answer your questions

## Saturday 9.30am start

- Morning Workshop – How to set your Personal Goals and Start them today
- Break
- Mid Morning Workshop – How to plan your Success Strategy and take Action
- Finish at 1pm

**Every delegate also receives a signed copy of Simone's book to take away with them and keep them focused on their goals.**

We finish at lunchtime so there will be plenty of free time to enjoy the range of facilities at the hotel in the afternoon and simply relax or you may decide to take yourself off into the Cotswolds to experience the beauty of Warwickshire.



## To Book:

**Places are limited** – so book early to avoid disappointment and we look forward to meeting you for a fantastic weekend of self development and luxurious pampering.

To make your booking please call Suzanne Draper on 07979 537814 or e-mail: [suzanne.draper@menzieshotels.co.uk](mailto:suzanne.draper@menzieshotels.co.uk)

**£249.00 per delegate includes the two day course, lunch, refreshments, dinner on the Friday night, overnight stay and breakfast.**

**£199.00 per delegate sharing a twin room**

**Why not bring a partner or friend** and make it a longer weekend? Take advantage of our Saturday night offer of Bed & Breakfast and make it an extra long weekend of indulgence. Enjoy even more time to discover the sites and sounds of Stratford-upon-Avon, take in a show or simply unwind in the hotel and beautiful gardens. (Special rates will apply).