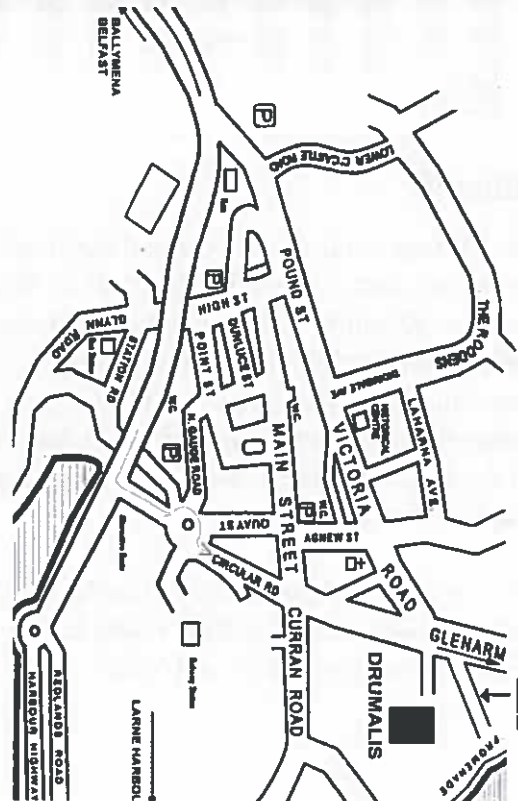


"People are like stained glass windows. They sparkle and shine when the sun is out, but when the darkness sets in their true beauty is revealed only if there is a light from within."

- Elisabeth Kübler-Ross



DIRECTIONS



By Road: From Belfast take the M2 and leave it at the A8 exit. Just outside Larne leave the A8 by turning left onto Pound Street at the High Rise Flats. Continue straight on, through three sets of traffic lights to the end of Victoria Road, Drumalis gates are directly across the Glenarm Road.

By Public Transport: From Railway, Bus and Harbour follow the signs for the Coast Road. Drumalis is on the right before Bankheads Lane before you leave the town.

If you would like further information about getting to Drumalis, please do not hesitate to contact us.

THE RIGHT TO BE ME



Saturday, 23 September 2017 at Drumalis

One day confidence building workshop exploring practical steps towards changing what you want to change for the life you want to live. Develop your potential to bring about positive change and get the best out of yourself, increase energy levels, productivity and performance.

with Marie McStay BA LGSM

Drumalis, 47 Glenarm Road, LARNE,
County Antrim, BT40 1DT
Tel 028 28272196/2827 6455 Fax 028 2827 7999
Email drumalis@btconnect.com
Website: www.drumalis.co.uk

THE RIGHT TO BE ME

SATURDAY, 23 SEPTEMBER 2017

The Right To be Me© workshop gives you a good grounding in:

- Your personal development work;
- Practical steps to more confidence;
- Self esteem;
- Identifying your values and priorities;
- Turning anxiety into positive energy;
- Right thinking;
- Right feeling;
- Right action steps to the future;

All that is needed to take part is life experience and a desire to bring about positive change anywhere in your life. This is your opportunity to re-dress life's balance and to move ahead with plans which build confidence for a more fulfilling life.

Places are limited to provide the opportunity for a richer learning experience. You can use the Right To be Me for those areas in your life where you KNOW you can be more authentic, have MORE belief and TRUST in yourself and begin achieving what you REALLY want to achieve.

Facilitator:

Marie McStay is a licensed personal development trainer with a strong background in Adult Education. Working with individuals and organisations committed to growth and positive change, she designs and delivers training programmes for staff, team and leadership development in all sectors. She works across Ireland and UK and in Europe.

Marie is a voice and presentation coach. She is a freelance broadcaster with BBC Radio Ulster contributing to 'Your Place and Mine'.

Duration:

The day will begin with registration and tea and coffee on arrival from 9:00 am to 9:30 am on Saturday, 23 September 2017. It will finish at 4:30 pm approx.

Cost:

The workshop fee is £40, which includes refreshments and lunch as well as workshop materials.

BOOKING FORM

Name

Address

Postcode

Tel No

Mobile No

Email

Special Requirements (eg, dietary)

.....
A non-refundable and non-transferable deposit of £20 is required with each booking made payable to Drumalis. This will be counted as part of the total cost.

Please return completed Booking Form and deposit to: Drumalis, 47 Glenarm Road, LARNE, County Antrim, BT40 1DT

*Cheques should be made payable to Drumalis.
We accept payment by credit/debit card.
Why not save time by paying deposits and booking your place by phone.*