

Fresh Steps™

Fresh Steps is a new personal development programme running in the Oxford area. It is designed specifically for men and women who are over 45 and at a turning point in their lives and ready to tackle important issues about themselves and their future. It can help you focus on tough decisions and choices about what you want from life - and how to make them happen.

*Let it be the
turning point for you*

Fresh Steps covers important issues facing people at this stage in their lives such as:

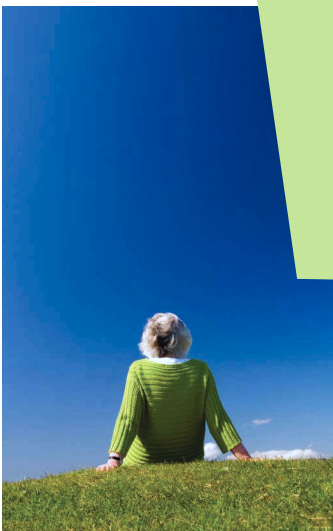
- Money matters; uncertainties around pension provision
- The ageing process and its impact on physical and mental health
- Dependants, the changing nature of relationships with family
- The work/life balance
- How to rebuild self esteem and self confidence
- Confronting negative thoughts, feelings and limiting beliefs
- Dealing with prejudice and stereotyping

Taking a fresh look at these issues and learning how to deal with them can provide life enhancing changes.

The Fresh Step experience is a personal investment opportunity not to be missed. Putting together a plan of action today designed to optimise future health, wellbeing and lifestyle can make all the difference to the way you think and feel about yourself as you get older and help get your life back on track.

For more details about the next Fresh Steps programme running in the Oxford area please contact Annie Kimblin.
01844 339756 or **07817 244636**

www.lookingglassconsultancy.co.uk



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About Fresh Steps...

Thank you for your interest in the Fresh Steps programme.

The Fresh Steps programme consists of a series of three workshops - a two day workshop followed by a one day workshop around four weeks later.

Workshops normally start at 8.45am on day one and 9am on the other days and finish around 5pm each day. They are run in and around Oxford and Buckinghamshire at carefully selected venues that are easy get to by car, bus or rail.

Light refreshments and a sandwich lunch and drinks are served during the day at no extra cost.

You are advised to bring walking shoes and outdoor clothing to each workshop as there will be an opportunity for you to go for a twenty minute walk each lunch time.

What happens during a workshop?

There are normally between 6-10 people on a Fresh Steps programme. The programme is centred around small group activities, discussions and tasks where you work on your own.

Work you will do on your own.

You will be asked to carry out a couple of tasks between the two sets of workshops which will involve collecting information to help you make the changes you want to make - so everyone's project will be different. It will be up to you how much time and effort you put into this project but everything you do will be used in the last workshop.

Aims and objectives.

'Fresh Steps' is a personal development programme uniquely designed for the older more experienced worker and its purpose is to challenge different perceptions around ageing. On Fresh Steps people learn what's important to them, how and where to channel their energy, how to make life enhancing changes and how to cope better with change and uncertainty. Fresh Steps will re-energize, re-engage and re-motivate you and enable you to confidently plan and prepare for a more fulfilling future.

Your local Fresh Steps programme.

On this open programme participants come from different backgrounds and organisations. Some people pay for themselves and come in their own time whilst others come in work time and have their place funded by their employing organisation.

About the programme leader.

Annie Kimblin had a managerial nursing career in the NHS before leaving to set up her own coaching and mentoring consultancy. She has an MA in Coaching and Mentoring Practice and over 10 years experience of facilitating personal development programmes.

If you require more information or would like to read comments from other people who have been on the programme follow this link.

<http://www.springboardconsultancy.com/fresh-steps-testimonials.html>