

Empowering Ourselves and Others to Succeed

A Half Day Training Course

For All Professionals Working in Education, Social Care and Health Settings

Wednesday 4th December 2013,
with Dr Alex Yellowlees, Consultant Psychiatrist

This Course is A "MUST" for any organisation or individual who seeks a higher level of performance

3 Easy Ways to Book

- Online: www.medicapd.com

- Telephone: 0141 428 3483 / 079 6656 1474

- Post 



MEDICAPD

TRAINING COURSE - Empowering Ourselves and Others to Succeed



“Learn the latest evidence based techniques to empower yourself personally and to enable others to create unprecedented results”

- Alex Yellowless

Working in education, social care or health care settings can be rewarding as well as being psychologically demanding. Research shows that if we are more emotionally intelligent and resilient we are better able to achieve both at work and on a personal level .

Ever wondered

- How we can transform our thinking and behaviour to succeed in life personally and professionally ?
- How can we adapt to change more easily?
- How we can better manage our stress levels and workload?
- How we can better understand the talents and capacities of others in the workplace?
- How we can communicate better with others?
- Boost our enthusiasm and passion for whatever we do, inspiring others to do the same?
- Improve the quality of our personal relationships, and increase our sense of happiness?

In this half day training course, through a series of lively, informative talks, discussion and practical exercises, participants will begin to discover how to empower themselves and others and create an environment that celebrates both personal and professional growth and improvement.

About Your Tutor – **Dr Alex Yellowless BSc, MBChB, MRCPsych, MPhil**

Alex is a popular and inspirational speaker and is a leading expert in empowerment. Alex’s style of teaching is very visual, lively and interactive. He will ensure you leave with a set of practical strategies you can implement in all areas of your life.

Who Should Attend?

Organisations should consider this course as essential for all staff well being and performance. The course has been particularly designed for staff working in education, social care and health settings; others will benefit in attending as well.

Course Information

Date: Wednesday 4th December 2013
Venue: Hilton Glasgow Grosvenor Hotel,
1-9 Grosvenor Terrace, Glasgow G12 0TA, 0141 339 8811
Time: The course will start promptly at 9.45am and finish at 1.00pm. Registration will be from 9.00am – 9.45am.
Registration cost: £98.00 +vat including refreshments

To Book

Online: You can book online at www.medicapcd.com
By Post: To register for this course, please complete the registration form on the leaflet, detach and return no later than **Friday 8th November 2013.**
Tel: 0141 428 3483 / 079 6656 1474
It is advisable to book ASAP as places are restricted. Confirmation of booking and further information will be emailed to you; if you have not received confirmation within ten days of submitting your booking, please contact the Medica Cpd Office on the above numbers or email carolyn@medicapcd.com.

Registration Form

Your Details (Please fill in BLOCK CAPITALS)

First name	Surname	
Job title		
Organisation		
Email (required)		
Address		
Postcode		
Telephone	Fax	Special diets/mobility

Confirmation of your registration and further details will be sent by email. If you would prefer to receive confirmation by post, please tick this box
If you do not receive confirmation of your booking within 10 days please call 0141 428 3483 or email carolyn@medicacpd.com

I wish to attend (please tick the box)

- Empowering Ourselves and Others to Succeed,**
Wednesday 4th December 2013, £98.00 + £19.60 vat = £117.60

How to Pay: It is the responsibility of the delegate to ensure payment is made prior to attendance of the event (please tick the appropriate box)

- By Cheque:** I enclose a cheque for the appropriate amount made payable to "Medica Cpd Ltd" and send with the form to the address below for the attention of Carolyn Fraser.

- By Credit Card:** Please book online at www.medicacpd.com
Please note: A small service charge of 3.4% will be added to all credit/debit card payments

- By Invoice:** Please send invoice to if different from above –

Name: (in BLOCK CAPITALS) _____

Job Title _____

Organisation _____

Address _____

_____ Postcode _____

Email (required) _____ Telephone _____

Purchase order number (if relevant) _____

An invoice will be sent to the appropriate person by email. If you would prefer to receive confirmation by post please tick this box

Payment: 30 days from the date of the invoice or before the event date (whichever comes sooner).

Confirmation will only be issued when payment of invoices are received in full, early registration is essential for invoices.

Terms and Conditions 1. Your registration constitutes a legally binding agreement. Payment must be received before the event. 2. Cancellation policy:

Cancellations will only be accepted in writing. A refund, less an administration charge of £25.00 will be given to all cancellations received before the 21 September 2013. After this date the full fee is payable, regardless if the delegate attends or not. Substitutions can be made if we are notified up to 3 days before the event. "No shows" on the day are liable for the registration fee. 3. The organisers reserve the right to change the programme, speakers and venue as required. 4. In the unlikely event that we have to cancel the event we will issue a refund for the registration fee. We are not responsible for any other costs.

Data Protection The personal data that you supply during the registration of these events will be entered into a database and used by the conference organisers to manage your registration and attendance. Unless you advise to the contrary, in writing and in advance to the Conference Organiser, your name and affiliation may be made available in a list of delegates to both attendees at, and the sponsor(s) of the events. The personal data in the database will be retained by the Conference Organisers unless requested in writing, and may be used to inform you about other appropriate services and events that may be organised in the future.



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