

# Think on it

Learn to think and act with clarity and confidence



**Think on it** offers you a chance to develop your thinking, see possibilities and take actions that deliver the outcomes you want for yourself and those around you.

Evidence suggests that increasingly many of us are required to think and act in complex, stressful situations with speed. Given the number of decisions we make in our work and personal lives it's surprising we don't invest more in developing our ability to operate with clarity.

**Think on it** uniquely balances professional and personal development touching all corners of our thinking lives to bring improved performance, lower stress, stronger relationships with a focus on what's possible and achievable.

**Think on it** has been developed by Judith North and Kate Fulton. Drawing on leading edge research, ancient philosophy and recent neurological evidence, **Think on it** distils the work of many into a simple unified approach adapted to help anyone— at home, in family, at work or struggling to manage demands in other areas of their life.

If you need a clearer, kinder, less stressful and more productive way of working that leads to a better quality of life then this workshop is for you. If you are responsible for a workforce striving to meet demands then this is a perfect way to invest in their development.

**KATE FULTON & JUDITH NORTH**

**3,4 & 5 DEC 2014**





KATE FULTON



JUDITH NORTH

**Presenters:** Kate and Judith have an international reputation for leadership and innovation in the human services sector. Both are on a journey to discover what supports people to be the best they can be—whilst being compassionate, generous and supportive to themselves and others—Think on it is the result of that work. Full biographies are available on:

[www.orendaconsultancy.co.uk](http://www.orendaconsultancy.co.uk)

**Venue:** Doubletree by Hilton Cadbury House, Frost Hill, Congresbury, BS49 5AD The hotel is the South West's finest four star contemporary boutique hotel and spa. Cadbury House is an enchanting venue set within rolling English countryside making it the ideal backdrop to **Think on it**. With breathtaking views across the Bristol Channel and beyond into Wales the hotel was specially chosen to provide the perfect retreat.

**Time:** 9.30am—4.30pm each day

**Online Registration:**

<https://v1.bookwhen.com/6hwbk/201412030000/w9y>

**Information:** [ithinkonit@gmail.com](mailto:ithinkonit@gmail.com)

**Cost:** See attached

## Cost and Optional Accommodation:

Standard full fee paying person -

Day delegate (non residential) £570

Day delegate + 2 over night stays (3rd & 4th) £800

Day delegate + 3 over night stays (2nd, 3rd & 4th) £930

Concession

Day delegate (non residential) £400

Day delegate + 2 overnight stays + 2 over night stays (3rd & 4th) £620

Day delegate + 3 overnight stays + 3 over night stays (2nd, 3rd & 4th) £750

20 rooms on preferential rates have been negotiated with the hotel.

Once all 20 rooms are allocated, standard room rates apply and prices will be adjusted accordingly. To secure preferential room rates course places must be booked before 28th October 2014

A limited number of concessions apply - e mail [ithinkonit@gmail.com](mailto:ithinkonit@gmail.com) to discuss.

Day delegate prices include a 2 course lunch, coffee on arrival, morning & afternoon refreshments.

Residential costs include the above plus bed, breakfast and spa access.

Cadbury House is minutes from junctions 20 and 21 of the M5.

The nearest train station is Yatton linked with regular trains from Bristol Temple Meads. Bristol Airport is 15 minutes drive.