



You in Balance Workshop

Joining Instructions

Friday 12th July 2019

Rowton Hall Hotel, Chester

You in Balance, WLA Workshop
Rowton Hall, Chester, Friday 19th July 2019

Delegate Information and Joining Instructions

Introduction

Thank you for booking on to The WLA's 'You in Balance' workshop, we are delighted that you will be joining us at Rowton Hall, Chester. This document should contain all the information you will require, however, if after reading this document you have any questions please contact:

Jacque North: 01829-770159 / support@thewla.com

On the day of the conference, please contact us on: **07548 365168**

Pre-Work (Sent Monday 1st July)

As we prepare for our forthcoming time together on 12th July, please find enclosed pre-work that is important for you to complete.

Here's what you need to do:

1. Between now and the event on 12th July, track your interactions with others. Specifically track your time spent each day (in person or on the phone):
 - a. With your boss; team / direct reports; with others, e.g. customers, clients, key stakeholders
 - b. With your partner
 - c. With your kids
 - d. With any other family members
 - e. With your friends
 - f. With hobbies (list)
 - g. With you

Ideally, try to track it every evening. A rough guess will be good enough.

2. Next, make a note as to how satisfied you are / have been with the time you have spent in each of these interactions. For example, you may have found it draining, uplifting, not long enough, etc. Give yourself a simple 'marks out of 10' where 10 is completely satisfied and 1 is not at all satisfied.

Remember to bring your insights with you!

*** WLA Premium Members – Please remember to bring your WLA journal with you!**

SPEAKERS / Workshop Sessions

Rosie Huckle: Wear who you are!



There is a quote that I just love from a lady called Amy Fine Collins, who is a Special Correspondent for Vanity Fair magazine. She says: “Opening your closet should be like going to a party where everyone you see, is someone you like”.

Yet for so many of the ladies I work with, clothes are just a functional necessity. They buy things that “will do” that don’t really feel like them and that they feel they “should” be wearing meaning that they “blend in” with the crowd.

But I believe that getting dressed is about so much more than clothes! The clothes that we wear can make us feel empowered, feminine, even happy but can also sap our confidence and make us feel uncomfortable. The secret to owning a wardrobe of clothes that you love and that make you feel fabulous is to really wear who you really are. To “wear your personality” and make that visible to everyone around you. It is then that your appearance is in congruence with who you really are.

In this workshop, I will help you to start to define your own Signature Style and show how you can translate that into outfits that are perfectly appropriate for each role in your life.

After all, it is when we feel comfortable and confident in what we wear, that we perform at our best. Whether that is at work, as a wife or partner, a mum or any other role in our busy lives.

Anne Sheekey: Developing everyday resilience



This one-hour workshop looks at a simple framework for health, managing stress and creating better balance, through the simple everyday tools of breathing, sleep and hydration.

We will introduce Chinese Tea and its untapped resources, as the best tonic for mental and physical health and the science behind its impact on mood and motivation. This hour will include some tea tasting and simple exercises to improve sleep and utilise the power of our breath.



Anne Iceton: HRD, AO



Anne is the Interim HR Director at AO.com. Having spent her career in many different industry sectors, Anne will share her career highs and lows. She is a naturally warm, inclusive and dynamic leader who is also an executive coach.

Anne will also discuss how she has navigated her career, how she stepped out and up into roles when she felt out of her depth. (Classic imposter syndrome). And will provide her top tips and wisdom for how to make the most out of your career.

Charity Guest spot: Elizabeth Oakes, Children Today



1. Travel Arrangements

The conference will be held at the Rowton Hall Hotel.

Address of venue:
**ROWTON HALL HOTEL AND SPA,
 WHITCHURCH ROAD,
 CHESTER, CHESHIRE,
 CH3 6AD**



By car:

From Chester, south on A41 towards Whitchurch. The hotel is well sign posted from the main road. There is ample free parking at the hotel.

By train:

Nearest station: Chester 3.1 miles

2. ARRIVAL AND REGISTRATION

Please allow plenty of time for travel to the venue. Registration is from 9.00 am with coffee being served and the workshop will start promptly at 9.30am.

3. MEALS

Delegates who have registered a special dietary requirement should identify themselves to Jacquie on arrival. We will then let you know the menu items suitable for you.

4. WiFi CODE

Network name: Rowtonhall **Password:** password

5. Drinks after the workshop

It would be lovely to catch up informally after the workshop. Please do stay for a while – it's a lovely to get to know members and ensures we miss the traffic!

6. Business Cards

Please bring plenty of business cards to share with those people you want to follow up with. Please don't hand them out to everyone you meet! And, if you receive a business card, jot down a note on the card about how the two of you can follow up with each other.

7. DRESS CODE

Smart Casual

Conference Agenda

--- 9.00 to 9.30 Registration, Coffee & Networking ---

Sandra Green: Welcome & Conference Overview

Session One

Sandra Green: Context, Perfectionism and Pre-Work Debriefed

--- Networking Break ---

Session Two

Guest Speaker: Anne Icton, HRD AO.com

Guest Workshop Leader: Rosie Huckle, Wear Who You Are

--- Networking Lunch ---

Session Three:

Charity Slot: Children Today, Liz Oakes

Guest Workshop Leader Two: Anne Sheekey, Developing Everyday Resilience

--- Networking Break ---

Session Four:

Sandra Green: Shifting Limiting Beliefs (who we think we are)

Mastermind Session (all)

Review, Forthcoming Events & WLa News & followed by WLa Social