

These events are held in partnership with the North London Enterprise Club & Enterprise Enfield under the City Growth Programme with support of the London Development Agency and European Regional Development funding.



Come along to the next Women's Business Network event **Self Empowerment for Success!**

with Life & Business Coach, Charlotta Hughes

Thursday 8th May, 6.15pm for 6.30pm start - 8.30pm

At Enfield Business Centre, 201 Hertford Road, Enfield, Middlesex EN3 5JH

Gain the insight and tools to ensure you have the best possible chance of success – both in your business and personal lives. Topics covered include:

- The power of our thoughts on the likelihood of success
- The impact of our self talk on how we view ourselves and the world
- How our belief systems make up our realities
- Internal versus external feedback systems
- Typical limiting beliefs in women, including real life findings among business women from Charlotta's coaching practice

You will gain greater awareness and techniques on how to achieve more positive self talk, how to tackle limiting beliefs and ultimately take control of your life and your achievements.

*This presentation will be followed by networking,
buffet and refreshments.*

To Book:

£10 per person (this includes a buffet and refreshments), or £5 for North London Enterprise Club members. Call Enterprise Enfield on **020 8443 5457** to book your place by credit/ debit card.



**CITY
GROWTH**

