



We are delighted to announce more InShineOut dates for our introductory workshop:

*Saturday 25th January
Saturday 8th March
Saturday 17th May*

InShineOut

A powerful & inspiring experience encouraging participants to purposefully create a way of life that enables you to flourish and achieve your goals. Allow us to help you to think differently, make great choices and remain accountable to yourself for those choices.

Sharon James and Kate Marshall have combined more than 25 years of their knowledge and expertise, equipping individuals and teams across the globe to reach their full potential.

Sharon James BA Hons.  Sharon is a highly experienced Coach, Facilitator and NLP practitioner with over 20 years international experience working with Executives, Teams and Leaders to help them excel. Sharon's passion is to help people create a deeply fulfilling life in a way that counts, both personally and professionally. Her style gently "rocks the boat" in a way that supports people in liberating their unleashed potential.

Kate Marshall MSc.  Facilitator, Speaker & Executive Coach. Kate is a highly experienced Thought Leader, Facilitator and Executive Coach with over 20 years of working with Executives, Boards and Leadership teams across the globe. Kate's passion is to make a difference with those who make a difference for others. She asks "the" incisive question to agitate your thinking and generate new possibilities.

This 1 day retreat, dubbed "a spa break for the mind" includes all materials, morning coffee, lunch and afternoon coffee all for

£130 per person inclusive.

Would you like the opportunity to...

- Create more choices in life
- Increase self esteem and confidence
- Live life "out loud and in colour"

This workshop is aimed at individuals who want to create time to think about ways of living their lives to the full.

We are facilitating this innovative and thought provoking workshop on the above dates from: -

930am – 430pm

At Malone Lodge

Belfast. BT9

www.malonelodgehotelbelfast.com

Places are limited so please register your interest by contacting Sharon James

Sharon@InShineOut.com Tel: 07730 620073 or [facebook.com/InShineOut](https://www.facebook.com/InShineOut)

The Road Not Taken

"Two roads diverged in a wood, and I, I took the one less travelled by and that has made all the difference" Robert Frost