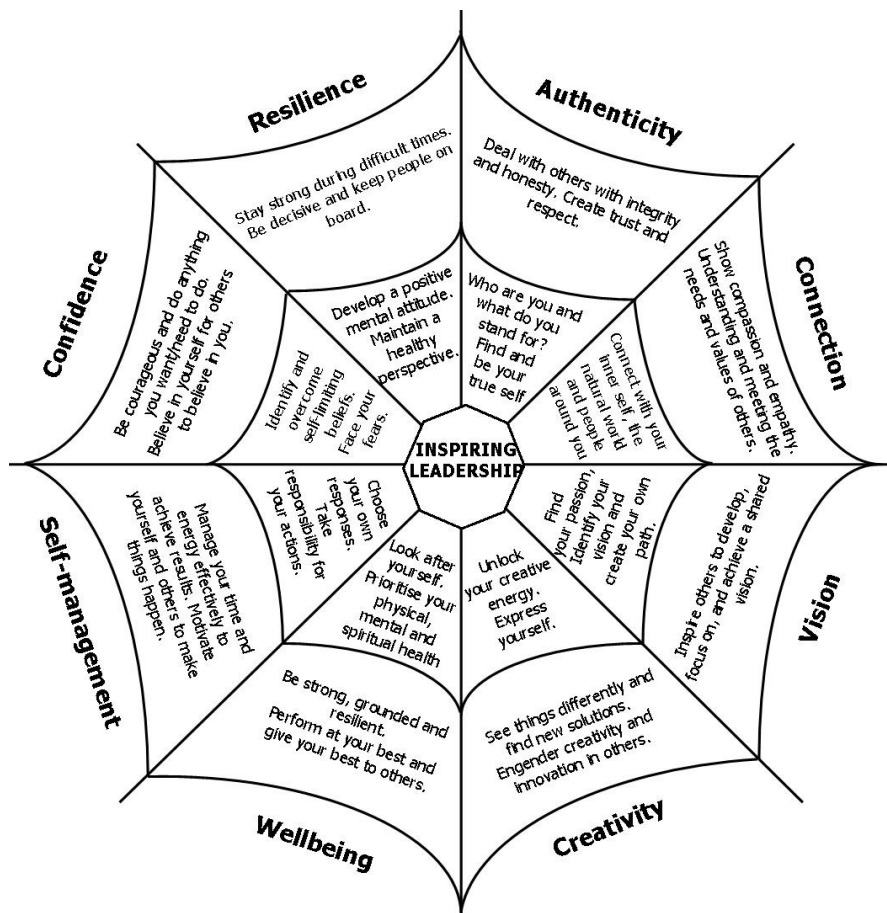


SpiderWeb Programme

Inspiring Leadership

Effective leadership requires us to understand and manage our physical, mental, emotional and spiritual energies. This unique new programme offers a journey of self-awareness, personal development and self-mastery, to make you an inspired and inspiring leader.

The SpiderWeb Programme is based on the 8 essential threads of inspiring leadership and the connections between them. A spider's web is gossamer thin yet stronger than steel. Its strength comes from the interconnectedness of all its elements. Similarly, the SpiderWeb Programme builds on the so-called "soft", internal skills which combine to create a strong and determined leader who is effective in all aspects of their life and work. While the inner wheel represents our internal selves, the outer wheel represents how we relate to and affect others around us:



This highly experiential programme provides valuable time and space to look at ourselves and the way we work in a new light. A safe and supportive environment with strong peer support will be created so that everyone gets the most out of the programme. A range of challenging and enjoyable activities will result in really powerful learning, including:

- Looking at ourselves using Tetramap, which draws on nature as a metaphor to explore behaviour, motivators and communication style.
- Collage-making and sculpture.
- Outdoor projects and challenges.
- Developing personal “treasure maps”.
- Practicing techniques for relaxation, positive thinking, emotional resilience, building relationships and many more.

A highlight of the programme is participation in a firewalk, bar-bending and arrow breaking session with a fully qualified firewalk leader. These immensely powerful experiences will challenge your notions of what is possible, enable you to break through self-imposed limitations, understand the extent of your powers, and achieve whatever you choose.

You will leave the programme feeling energised, focused and ready to be an outstanding leader, with:

- **Bags of energy, ideas and inspiration**
- **A wonderfully supportive peer group**
- **A strong sense of who you are and what you stand for**
- **A clear vision and commitment to achieving it**
- **Resilience and a positive outlook**
- **Self-belief and self-confidence**
- **Clear priorities and plans for the future**

“Success is not an event or result but an expression of the best that is within you”

(Tom Butler-Brown)

"Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us. We ask ourselves, ‘Who am I to be brilliant, gorgeous, talented, fabulous?’ Actually, who are you *not* to be? We are all meant to shineand as we let our own light shine, we unconsciously give other people permission to do the same."

(Marianne Williamson)

WHEN: Monday 29th November – Wednesday 1st December 2010

WHERE: The Martinsell Centre, Pewsey, Wilts. www.martinsellcentre.com

COST: £750 + VAT (incl. accommodation, materials, and firewalk workshop)

FOR MORE DETAILS: Call Nicki on 01749 687357 or email nicki@salt-box.co.uk