



# StephenPitcher.ie

PERSONAL DEVELOPMENT & LEADERSHIP COACH



*Fully present; fully engaged*

# Fulfilling Your Potential



This one day programme is for people who are looking for a transformational experience to enable them to create the life they wish for themselves. The work applies to our personal and professional lives.

If you answer yes to one or more of the below, then this is the programme is for you:

Has an external event triggered a need to reassess our life? Has a relationship break down or a loss led to a re-evaluation of who, where we are and are we happy? Has a promotion, demotion, redundancy, corporate takeover or other event triggered a need to review how we are managing our career?

Or perhaps a voice within has been growing louder and louder and now can't be ignored?

Can you remember what is important to you? Are you working with and towards your own happiness?

Are you the hamster on the wheel going through the motions?

Have you forgotten how to feel grateful, how to appreciate?

Through your actions are you motivating and inspiring yourself and others?

Is it fulfilling your needs or solely those of others, whether managers, staff or other stakeholders?

Are you confident enough in yourself and your environment to take decisions and make things happen?

Do you feel the energy is sucked out of you or are you energising yourself and those around you?

## What is Fulfilling Your Potential?

This programme is about giving us the time and space to allow us to catch up with ourselves to, to reintegrate, re-energise and re-prioritise. Whether this is remembering and reintroducing our life purpose or reassessing our career or personal goals we need to ensure our daily activities and behaviours are aligned with our core purpose and values.

Too often, we fall out of alignment, which we often fail to see. We then get stressed, waste our resources, and fail to empower ourselves and others. We miss opportunities for personal and professional fulfilment and happiness.

# Fulfilling Your Potential



Through a series of group and personal interactive and experiential activities we look at methods:

- » To help us manage stress and bring ease to our lives
- » Achieve a better balance in our lives
- » Understand our own behaviour and that of others
- » Review our activity more objectively to determine if we are maximising our resources
- » Improve our relationship with partners and families
- » Improve our performance and fulfilment at work

## Outcomes

A powerful shift in your behaviour to enable you to create the environment you wish for and to be yourself.

- » Confidence to let go of patterns, behaviours and focuses that do not fulfil or sustain us
- » Ability to look at events with objectivity and perspective and control our reaction to them
- » Ability to deal with setbacks, challenges and opportunities
- » Ability to create the environment we wish for ourselves and those around us
- » Awareness of our own strengths and weaknesses and our impact on others
- » Confidence & ability to recognise and optimise others' skill sets through interaction, coaching & empowerment
- » Improved performance in our professional lives and greater satisfaction in our personal lives
- » Improved listening skills whether with staff customers or the wider market

## Who We Are

This programme is run by Stephen Pitcher an experienced coach, mentor and corporate adviser. He has extensive experience with multinationals in UK and Ireland, managing large departments and budgets in excess of £100m p.a. He now focuses on the delivery of transformation and development programmes with individuals and organisations - with Corporates, SMEs and Start Ups in areas such as strategy, high performance, communication, motivation and delivery. Stephen also works as a Shamanic practitioner using nature based techniques to address issues such as stress, addiction, unhappiness, lack of balance and fulfilment.

# Logistics

**Dates** – The Workshop will run on Sunday 3rd December (6:00pm start) to 4th December (6:00pm finish)

**Venue** – We will work in Dalgan Park situated near Navan Co. Meath (about 15 -20 minutes from M50)

**Bookings** – Places are limited to maximise the experience and early booking is recommended.

For bookings visit [www.stephenpitcher.ie/workshops](http://www.stephenpitcher.ie/workshops) or contact [stephen@stephenpitcher.ie](mailto:stephen@stephenpitcher.ie)

# Investment

The investment in the programme is €495 including accommodation, meals and refreshments will be provided.

For more information please contact Stephen.

*The nature based tools and other work we did gave me powerful and easily applied tools to make a significant impact on my business*

**Nicola Murray - M.D Sundry Supplies**

*My dealings with Stephen have had a hugely positive impact on my career and personal life. As a scientist I struggled to appreciate the importance of mindfulness, or even what it actually was. After 1 workshop I was converted to understanding how it and other such programme can complement and assist in all areas of my life ultimately make me a happier, more contented person and more effective leader.*

**James, Limerick**

# Contact Us

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