



Superwoman training day

22nd March 2012 – Bluestone Resort

“Aspiration and Perspiration – a proactive approach to career planning”

As you may know, Superwoman regularly bangs on about the lack of women at board level positions in Wales and the fact that women only ever account for around 10% of either the Insider’s Power 100 (even if Bethan was a new entry this year at number 94) or the Western Mail’s Movers and Shakers in Business. Feedback we have received is that a number of you would like some formal training and guidance on how to maximise your chances of changing this and how to plan your careers and put in place the building blocks that will support you in a bid to reach the most senior executive positions and, later on, non- executive positions.

As a result of this demand we are running a training day entitled “Aspiration and perspiration – a proactive approach to career planning.” The training day is organised in conjunction with Odgers Berndston, the UK’s leading executive search firm, and involves four presentations and workshop sessions on the following topics:

- Managing and developing your career to make sure you get where you want to be;
- Personal profile – how to develop and promote your own personal brand and manage your profile;
- Understanding accounts – how to really read profit and loss statements and balance sheets and all the other bits they didn’t teach you at college;
- Business in Wales – how it works, who works in it, why it doesn’t work as well as it might, public vs private sector and the role of entrepreneurship

At the end of this training day, every delegate (numbers limited to 30) will have drafted their own personal career route map identifying where they want to go and how they intend to get there.

The training day will be on **Thursday 22 March 2012** and thanks to Pamela Joseph whom many of you heard speak at Superwoman 7, the day will take place at Bluestone Resort in Narberth, Pembrokeshire. There are options to attend a) just the training day or b) the training day plus dinner in the evening with the other superwomen; overnight accommodation, buffet breakfast and complimentary access to The Well Thermal Rooms on Friday morning (*spa treatments can be pre-booked and paid for separately*).

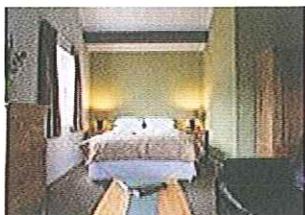
Programme is:

10.00am	breakfast baps with tea/coffee and juice on arrival
10.30am prompt	first workshop session – each workshop involves a presentation but also time out for each delegate to work on and develop their own personal career route map over a cup of tea/coffee and a biscuit (very important things: biscuits)
11.40am	second workshop session
1.00pm	Buffet lunch
2.00pm	third workshop session

3.10pm	fourth and final workshop session
4.30pm	close or for those staying on free time until 7pm
7.00pm	Pre-dinner drinks followed by dinner at 7.30pm at Carreg Las, Bluestone's finest restaurant, to include half a bottle of wine

Overnight accommodation with buffet breakfast at the Yard, choice of:

- Single occupancy in a studio apartment
- Single occupancy in a Cottage
- Double occupancy in a Gateholm (3 bed/2 bath)
- Triple occupancy in a Gateholm (3 bed/2 bath)



Studio Apartments

These bright artist style studios are ideal for single occupancy.

Situated in the village, primarily at first floor level, they comprise a main bedroom with en-suite facilities and sitting room area.

They do have tea/coffee making facilities and are central to all the village restaurants.



Cottages

The cottages are terraced and situated within the village. They have their own unique character and offer guests a taste of village life, and are very close to Carreg Las and the Spa.

The cottages consists of a large open plan living area, double bedroom with large ensuite bathroom, well-appointed kitchen, dining area and cosy lounge in traditional cottage style Ideal for single or double occupancy.



Gateholm Lodge

These spacious detached lodges have three bedrooms on the ground floor, with one en-suite bathroom and a second bathroom.

Embracing 'upside down living', they are designed to tuck into the sloping valley, with a studio-style kitchen and spacious lounge on the first floor taking full advantage of the views.

As you know, Superwoman is not in the business of making money out of our events. Most of our events raise money for charity. This training day is a bit different in that we have to cover the costs, including the trainers' costs, but all we want to do is cover those costs, not make any profit out of you. The price that Bluestone have given us for this training day is exceptionally good value and thanks to them, the amazing all in price at which we can offer the training day, is as follows:

1. Day attendance only: £100 per person
2. Day attendance with dinner: £135 per person
3. Day attendance/dinner with half bottle wine/overnight accommodation plus buffet breakfast, complimentary use of spa the following day:
 - a. Single occupancy in a studio apartment: £225
 - b. Single occupancy in a Cottage: £245
 - c. Double occupancy in a Gateholm (3 bed/2 bath): £215 per person
 - d. Triple occupancy in a Gateholm (3 bed/2 bath): £190 per person

Personal career development training, networking over dinner with wine, a sleep over, breakfast the next day plus use of spa from just £190 per person! Super.

On top of that, if you want to make a weekend of it and get your family/friends to come join you for the weekend after the training day, Bluestone are offering for just a further £249 on

top, a Gateholm lodge (free upgrade from the Ramsey worth £100) for the weekend x 3 nights for up to 6 people.

Please email Caroline at chazell@darwingray.com as soon as possible if you would like to book a place on the training day and if so what type of accommodation you would like and whether you are interested in the weekend stay on top.