

All breakfast seminars are from 8.00am-9.00am  
at the Island House Training Centre, Antrim



All  
breakfast  
seminars cost  
**£25 +VAT**

# Business for Breakfast

## News Series Announced

**Legal-Island are delighted to announce a new series of Business Breakfast Seminars for May and June 2010.**

Designed to develop your knowledge and skills in key areas, these short sessions are delivered by quality speakers and are packed full of practical tips and advice for you and your business. The first series of seminars earlier this year proved very popular, so book early to avoid disappointment.

Taking place at our purpose-built Training Centre in Antrim, these breakfast seminars begin with a light breakfast and networking from 7.30am.

Each session then lasts from 8.00 to 9.00am and the total cost is just £25+VAT per person. Plus, if you would like to book a place at all six seminars, we are happy to offer a Full Programme Booking for just £100+VAT. That's a massive saving of £50 – equivalent to TWO FREE seminars. Book Now.

### Image Matters

Date **Tuesday 11th May 2010** Facilitator **Colour Me Beautiful Consultant**

We have invited a 'Colour Me Beautiful' Image Consultant who will talk you through the basics of colour, style and image, provide a few do's and don'ts and also work individually with you to identify colours to wear and more importantly which not to wear. Image is very important whether you are networking, giving presentations, winning a contract or attending an interview. Our colour expert has worked with some of the top politicians and leading businessmen and women.

### NLP: Discover a Life Less Ordinary

Date **Tuesday 18th May 2010** Facilitator **Paul McWilliams ~ Parity Solutions**

NLP explores the relationships between how we think (neuro), how we communicate (linguistic) and our patterns of behaviour and emotion (programmes). This session will guide you through the basic elements of NLP – the tools and ideas which many have found useful as they improve their ability to get more of what they want, more of the time. If you have personal excellence as a goal then this introduction to NLP is for you. If not, then this session might convince you that such a goal is attainable.

### Positive Problem Solving

Date **Wednesday 26th May 2010** Facilitator **Trudy Arthurs ~ Dancing Leopards**

When someone has a problem, it is all too easy for them to stay in the negative problem-solving frame of mind. The more they talk about the difficulties, the harder it becomes for them to shift into a solution finding mode. During this highly interactive seminar you will explore and learn a time-saving and effective tool which you can use for yourself and your team, to help move from stuck to flow.



For more information or to book your place, please go to [www.breakfastseminarsni.com](http://www.breakfastseminarsni.com)

## Measuring Return on Investment in Training

Date **Wednesday 2nd June 2010** Facilitator **Gillian Esquivel ~ CIMAOMEGA**

Do you ever wonder what you get out of sending someone on a training course? This seminar aims to give you tools to drive more business value from your learning and development investments. However, choosing the right method, provider, course and demonstrating the impact that this training has in the workplace, is very challenging. This workshop explores a simple three step technique incorporating world class methods of validating training delivery and then measuring the workplace impact, to ensure that knowledge and behavioural skills are applied effectively back in the workplace.

## Keeping Business Costs to a Minimum & Profits to the Maximum

Date **Tuesday 8th June 2010** Facilitator **John McGowan ~ Specialist Cost Auditors**

Be under no illusions that we are currently in the worst recession on record. Not all but most companies are under the same pressure to get results. We all have to raise our level of awareness and action in order to stay ahead of the pack. However everything is far from doom and gloom and by implementing a number of different key measures into your business and reviewing your business expenditure you can lift your profit margins to record levels in completely the opposite and upward direction.

## Project Management – The Ten Commandments

Date **Tuesday 15th June 2010** Facilitator **David McComb ~ Parity**

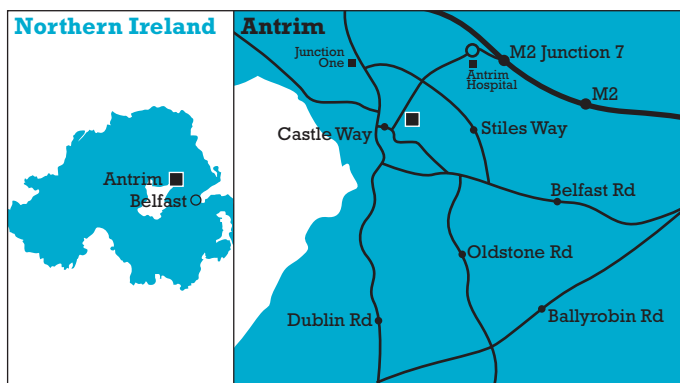
Do you long for a straightforward, no nonsense guide to the key rules that will significantly impact your ability to deliver projects successfully? Many projects fail; that is, they do not deliver what was expected within the original timescale and budget. This seminar will look at the ten key principles that help to ensure success on your project and provide practical maxims by which you can help guide your project through the twists and turns that will inevitably occur.

If you are a project decision maker or a project manager or are a team member who simply wants to get the "inside line" on how projects should be managed, then this session is for you.

## How to Book

All breakfast seminars cost £25 +VAT. For further information and to book your place please go to [www.breakfastseminarsni.com](http://www.breakfastseminarsni.com)

## How to Find us



Legal-Island  
Island House  
Station Road  
Antrim  
BT41 1BH

Telephone  
028 9446 3888

Fax  
028 9446 3516

Email  
[events@legal-island.com](mailto:events@legal-island.com)

[www.legal-island.com](http://www.legal-island.com)

For detailed directions on how to find us go to  
[www.legal-island.com/about-us/directions/](http://www.legal-island.com/about-us/directions/)