



R&A Consultancy & Training

# Embodied Leadership & Healthy High Performance

R&A have been helping leaders improve performance in organisations for over 20 years. Our programmes are practical and carefully crafted to ensure that the mind, body and emotions are blended to create meaningful, fast and lasting change



In this fast paced often impatient world, now, more than ever before, is the time for people with imagination, presence and vision: inspiring leaders who draw attention, develop trust and release talent.

Learn with the experts and enjoy an extraordinary and exciting day of development. Experience the blending of 5 powerful and easy to implement success strategies from:

## **Leadership**

*inspiration, influence, action*

## **NLP**

*accelerated learning, excellence & change*

## **Karate-do**

*discipline of mind, body & emotion*

## **Mushin**

*stress free high performance*

## **Presence**

*influence beyond words*

*"My first experience of R&A work transformed a fragmented, stagnant culture into a dynamic, forward thinking, collaborative and focused business. My personal leadership style evolved, greatly enhancing my ability to influence and create impact and allowing me to engage, develop and lead others more effectively".*

Whether you want to lead your business, team or yourself, the learning from this programme will be invaluable. Not only will it provide new skills but also new ways of learning. You will discover new stores of energy and the exciting and empowering results of blending mind, body and emotion into your performance.

## **Friday 25th June 9am-5pm**

Foxhills Golf & Country Club Ottershaw, Surrey KT16 0EL .  
Cost including lunch, refreshments and workbook £120.

[www.raconsultancy.com](http://www.raconsultancy.com) or email [ks@raconsultancy.com](mailto:ks@raconsultancy.com)

Book by 2nd June and pay £95

*"After 37 years in business and having attended numerous classroom based training courses, this has been not only the most effective leadership training I have engaged in, but also the best return on investment for the business".*