

Appetite for life!

Cook up a storm in the Mosimann's Academy in this fun-filled, impactful one-day workshop.

Understand yourself better. How you adapt to new situations, where you hold back. What could you do differently?

Find out how others perceive you. Get feedback from a team of professional coaches.

Have fun cooking in the top-range professional training kitchen at Mosimann's Academy.

Take away a personalised action plan to put what you have learned into practice in real life.

Places are strictly limited. To find out more and reserve your place, email us at appforlife@yahoo.com.



**2 dates: 14 &
15 May 2011
9.30am-4.30pm
£160**

CWC



Ciara Woods is an executive coach helping leaders achieve a positive change in behaviour for themselves, their people and their teams.

www.ciarawoods.com

Think Spa



Mamta Saha leads people out of their comfort zones to unlock potential. She is an experienced international trainer and a regular media psychologist on Sky and BBC.

www.thinkspalondon.com

LivingPotential



Elaine Teo Mosimann coaches students and professionals in their career development, and consults and trains organisations in managing intercultural issues.

www.living-potential.com

THE ACADEMY



Anton Mosimann's private culinary academy, offering bespoke cooking and leadership courses in a stunning Victorian schoolhouse conversion in Battersea.

www.mosimann.com