

A new Personal Development Holiday 'Coaching and Self-Coaching'



**A workshop on the sunny
island of Skyros in
Greece**

facilitated by

Andry Anastasiou

1st – 8th April, 2010

**Skyros Centre,
Skyros, Greece.**

**£695 including
accommodation & food**

Start the day in an inspiring, positive and encouraging way. You will learn self-coaching techniques for creating focus in your life, feeling good about yourself and committing to action.

All this takes place on a delightful Greek Island. Experience the beautiful beaches & gorgeous Greek food.

For workshop information & to book a holiday, visit:
www.skyros.com or call: **01983 86 55 66**

* For information on Andry, your experienced trainer and coach, visit: **teamtraining.org.uk**