



## YOUR HOST

Ei World has a heritage of 10 years in developing and delivering development programmes in the UK and globally.

With a dual focus on emotional intelligence and HeartMath, Ei World is for organisations, individuals and executives looking to increase their levels of resilience and performance.

Typically we assist organisations to identify what distinguishes, predicts and maintains high performance in a particular occupational role. We then design and implement targeted development to ensure high performance is developed and maintained.

### Ei World is:

- Continuing to provide world class interventions and creating business-wide impact in our client projects.
- Further developing links between Emotional Intelligence and high performance.
- Performing interventions and projects in high-stress environments, evaluating correlations between Emotional Intelligence and performance.
- Collaborating with strategic partners on a range of ground breaking initiatives.



## WORKSHOP VENUE

Our 'Transforming Stress' and 'Transforming Stress into Resilience' short workshops are held at Ei World's own training centre nestled in the Bedfordshire countryside.

### Full address:

Ei World Limited, 4 Doolittle Mill, Froghall Road, Ampthill, Bedfordshire, MK45 2ND.  
Tel: 01525-840090

### Location:

45 minutes north of London, easily accessible by:

**Car** – Easy access from Junction 12 of the M1 heading north or south.

**Train** – 45 minutes from London St Pancras International (domestic) station, then a 5 minute taxi ride from Flitwick station where taxis are easily available. Milton Keynes is also an option which is approx 25 minutes by taxi.

**Plane** - 25 minutes from Luton (Taxi). 60 minutes from Heathrow (Taxi). 75-minutes from Gatwick (Train).

We can assist you to get to us safely and will help with booking trains, taxis, local arrangements where needed.

Please ask for assistance by calling us or emailing Emma Davies – 01525-840090 [edavies@eiworld.org](mailto:edavies@eiworld.org)



## HOTEL ACCOMMODATION

### Flitwick Manor of Menzies Hotels

Situated a short drive from Doolittle Mill. (Approximately 5 minutes journey)

Although our short workshops are non-residential, your visit to us might require an overnight stay. If this is the case, here are some details to assist you.

Easy access from Luton, Heathrow and Gatwick airports.

A superior category of room has been reserved at a special rate of £115, dinner bed and breakfast, based on a minimum two night stay.

**Booking Hotel Accommodation:** A block of rooms are usually reserved by Ei World for each workshop though you will need to make your confirmation directly to the hotel.

### Menzies Flitwick Manor

Church Road  
Flitwick  
MK45 1AE  
Tel: 01525-712242

## TIMINGS

17<sup>th</sup> February – 15:00 to 18:00  
(registration from 14:30)

18<sup>th</sup> February – 09:30 to 16:30  
(registration from 14:30)