



Creating a Legacy

Overview

What is it to leave a legacy?
What will you hand on to those who follow after you in your personal life, in the workplace or in the wider world?
What do you want from life?
Is it enough to just live your life and leave this world without leaving a lasting mark?

This powerful 2-day workshop aims to help you answer those questions and start the process of creating your own personal legacy.

Through a variety of carefully designed exercises, individual and group activities and sensitively facilitated discussions, participants explore their own personal meaning of a legacy and then move on to create and design their own legacy.

The number of participants on each programme is restricted to 12 supported by two facilitators. This level of personal support creates the space for all participants to explore the topic in depth through a highly participative approach.

Duration

This is a two-day workshop incorporating a Personal Assessment of emotional intelligence prior to commencing the workshop to enhance self-awareness. This programme can be adapted for implementation in a specific leadership group, function or team. It can be combined with one to one coaching.

Pre-Programme

Before the programme you will be required to complete a self-assessment questionnaire and to carry out a short piece of pre-course work.

Day One Themes

We use a number of experiential ways to explore the theme of Legacy including life goals and key relationships.

- ✚ Reflection on life to date and the meaning attributed to events.
- ✚ Investigation of gaps between how you are currently living and being in the world.
- ✚ Initial ideas on personal Legacy.

Day Two Themes

Exercises and reflection focus on:

- ✚ Creation and implementation of your legacy.
- ✚ How to support yourself in this task.

Who should attend?

Those who are interested in reflecting upon what it means to leave a legacy. In particular this programme may appeal to:

- ◆ Senior managers
- ◆ Those transferring out of a corporate role
- ◆ Management teams who wish to create a legacy for their own organisation
- ◆ Those interested in their personal growth and their impact in the world



Facilitators

Geetu Bharwaney is Founder & Managing director of Ei World Limited. She has many years experience of training and she is a UK pioneer in the field of Emotional Intelligence. She wrote the book 'Emotionally Intelligent Living'. Her interest lies in people being more effective.

Kate Diggory is Company Secretary of Ei World Limited and a career coach. Kate is EQi qualified and has a specific interest in helping people to live and die fully.

Fees and payment

Please enquire.

Logistics – hotel and travel

Venue:

4 Doolittle Mill, Ampthill, Bedfordshire MK45. We are located approximately 40 miles north of London.

BY CAR

Nearest Motorway is Junction 12 or 13 of the M1.

BY TRAIN

The nearest train station is Flitwick (45 minutes from Kings Cross Thameslink).

BY AIR

Nearest airports are Luton, Heathrow, Gatwick. If you enjoy travelling from airports by train, then fly to Gatwick then there is a direct train from Gatwick to the local station called 'Flitwick' - takes an hour. Or, if you prefer to travel by car, then fly to Heathrow and we can arrange for a taxi to pick you up.

Luton is by far the closest airport but not all transatlantic routes fly there.

OVERNIGHT ACCOMMODATION

The programme is non-residential but we have an arrangement with Flitwick Manor (part of the Menzies Hotel group) where we encourage participants to stay - it is a 5-minute drive from our training centre. This small, great hotel provides a perfect restful backdrop to the intensity of the learning!

You can contact them to make a reservation using the details below. Make sure you quote 'Ei World' to get the reduced rate. We have a block of rooms reserved for our clients but you will have to clear your account directly with them. We advise you to book early as not everyone will be able to stay. A list of other hotels is available on request if you are not able to book into Flitwick Manor.

Their contact details are:

Menzies Flitwick Manor, Church Road,
Flitwick, Bedfordshire MK45 1AE

Tel: +44-(0)1525-712242

Fax: +44-(0)1525-718753

Email: James.Parker@menzies-hotels.co.uk

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