

The seminar helps you find out what you can do to make sure you achieve your goals next time, by imparting life skills that you will use immediately and techniques to improve your relationships at home and at work. This is Launch Pad's flagship seminar – you will be astounded you can achieve so much.

Enjoy the stress free environment, recuperate with your group while learning by the beach. Return home ready to apply the changes you have made and use the tools you have acquired. Launch into the future is for you, whoever you are! The price of £550 plus vat (excluding airfare) includes hotel accommodation, breakfast, lunch, all tuition and includes the special party on the first night. **Book for this four-day life changing seminar now.**

seminar **4** Launch into your new life

The final seminar could just be the most important. With all that the Launch Pad seminars have explored and realised, there is still one vital stage. The clearing has been done, now is the time to lay the foundations and Launch into your new life! Set your goals and learn how you can achieve them.

Gary examines planning ahead, the final clearout & future pacing. How do some people manage to plan their lives and achieve so much more than others – how do high achievers become high achievers? What is stopping you from moving forward? How do you see yourself in 5, 10 and 20 years time from now – and what do you need to do to get there?

See how to find the answers to this and more at this very exciting and motivational seminar. **One day Seminar £70 plus vat.**

Launch Pad is a densely structured yet hugely enjoyable series of seminars.

If you would like to book any or all of the seminars, please use the enclosed booking form to reserve your Launch Pad place now.

If you would like further information, please feel free to contact Gary Lester as detailed below, or visit our website at www.GaryLester.com.

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Personal development seminars

from



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Not magic – reality...

There are those who achieve happiness, success, confidence and wellbeing – and those who wonder how on earth they manage it. Why do some people manage to fulfil their potential, while others wait in the background and never manage it?

Launch Pad seminars seek not only to investigate these issues fully, but to find solutions and help people really get the best from themselves. Look at the areas of your life that affect the person you are: your relationships, self-image, finances, career path, mental performance, confidence... Could you change one or any of these facets to affect your life for the better?

Under the guidance of Gary Lester and his team, Launch Pad clients learn how to break limiting beliefs and develop new patterns of influence to improve their lives. Launch pad offers four unique seminars (including one, two and four day workshops), providing essential skills that actively change life – for the better.



Gary Lester –
*Personal Development
LifeCoach*

Gary Lester has over 25 years experience to bring to Launch Pad clients. He is a Master NLP Practitioner & Hypnotherapist, Master Reiki Healer, Master HNLP & TimeLine Practitioner. A Launch Pad seminar with Gary gives you a realisation of who you are and how you can improve your life and the lives of those around you.

seminar

1 Launch into change

How is it some people seem to have it all and others struggle? What do you need to do for peace of mind? Why doesn't your partner see things the way you do? Could your health be better? Balance is the key to Peace of Mind, and is more important that most of us realise. This seminar leads clients through the methods and techniques to achieve that balance, and shows how to apply this formula to yourself today.

The seminar goes on to look at ways of enabling you to examine areas of your mind, body and soul that affect who you are and how you see yourself. Gary is a Master NLP Practitioner, Master Reiki Healer and hypnotherapist, bringing extensive experience in these techniques that make you feel better immediately.

Many people feel encumbered by the 'baggage of life' every day, carrying around years of built up anxiety, pain, anger, fear and other negative emotions. How easy is it to get rid of this baggage? Gary's training will help you release many negative emotions by examining the root cause of this baggage.

You can make things better for yourself, and with Gary Lester's help, you will. Launch into change with this, the first of the Launch Pad seminars. **One day Seminar £70 plus vat.**

seminar

2 Launch into action

Conquer your fears, increase your confidence, map your future – and have a good time! Launch into Action, the second Launch Pad seminar, is a searching two-day session involving team building skills and much more. Arrive on Friday evening for orientation and a party, meet your team on Saturday morning at the beautiful site of the award winning Bowles Outdoor Development Centre in Tunbridge Wells. This very special two-day retreat includes rock climbing, abseiling, a rope course, search & rescue, Goal Mapping™ and other challenging activities, all designed to help you learn more about your **personal goals and challenges**. There is plenty of feedback and group counselling after each activity.

STRICTLY LIMITED TO 50 PLACES ONLY £295 plus vat, to include food, evening barbeque with wine on day 1, specialist tuition and Goal Mapping™.

seminar

3 Launch into the future

Clear out the past and look forward to the future with the third seminar in this innovative series from Gary Lester and Launch Pad. With sunny Spain providing the ideal backdrop, you are at peace to discover just who you really are and where you are going. Rediscover your inner values, clear your mind of doubt, and find out what you really need to move forward with your life.

booking form

Choose the seminar you wish to attend from the list below, specify the preferred location (where applicable) complete this application form, and return together with your payment to:
 Lester International Limited, 22 Wheatley Close,
 London NW4 4LG.

1 Launch into change

1 day seminar @
 £70+vat (£82.25)

- May
 Manchester
 Birmingham
 Glasgow

2 Launch into action

2 day seminar
 retreat weekend @
 £295+vat (£346.63)

3 Launch into the future

4 night seminar in
 Southern Spain @
 £550+vat (£646.25)

4 Launch into your new life

1 day seminar @
 £70+vat (£82.25)

Name:

Address:

..... Postcode:

Tel:..... Fax:.....

Email:.....

Signature: Date:

I wish to pay by:

Cheque *Amount Enclosed:* £.....

Credit Card *Visa/MasterCard*

Expiry Date:.....

*If you book all four Launch Pad seminars you can save 10%. Bookings must be received and paid for by 21/06/01. **Call 08000 37 37 50 to book your place or fax completed form to 08000 37 37 52 now.***

You can also book online at www.GaryLester.com