"Performing to Succeed" Resilience Building Workshop

Do you want to have more energy, feel less stressed, improve your work performance and business focus? Then this workshop is one to put in your diary.

Being in business over the last two years has not only taken its toll on business but on the business owner. Persistence, stamina, resilience and personal belief can be slowly eroded if stress is not managed. This workshop is designed to give business owners the tools to improve and sustain a high level of work performance.

TRAINING CONTENT:

- What is Resilience and is this a learned or innate trait?
- Identifying the factors that can undermine our resilience and what we can do
 to prevent this.
- Looking at the relationship between pressure and stress and your resilience and work performance
- How to manage the stress response so you can sustain your work performance
- Identifying ten strategies that will sustain and build your resilience.
- Building a personal resilience plan to help you manage stress and improve your work performance.



Trainer: Therese Ryan one of Ireland's leading experts in the area of work performance and wellbeing management. She is well known for her contributions to the RTE 1 Health Show 'How Long Will You Live, and 'Health

of the Nation'. Therese is an engaging speaker. She likes to deliver seminars that are informative and practical ensuring that participants leave with tools that they can implement immediately into their daily work routine. She is a believer in this approach stating "if it does not make sense you are not going to incorporate any new changes, so we have to demystify work performance tools and keep it simple"

Date: Monday, 10th October, 2011.

Time: 9.30am to 12.30pm

Venue: Bunratty Castle Hotel, Bunratty

Cost: FREE booking essential.

Book online on www.clareceb.ie/courses/ or contact Lucy Reidy on 065-6841922

Places limited to 12 participants

"The Irish Economy and Local Development in Clare"



With Stephen Kinsella, Economist

Join Clare County Enterprise Board at this short, snappy presentation which will give a general, jargon-free overview to Ireland's economic crisis today, and show what positive benefits Clare can derive from the crisis. Looking at previously unseen data on jobs in Clare, we will make the case for regional development built on local initiatives.

Stephen Kinsella is a Lecturer in Economics at the University of Limerick and a Fellow of the Geary Institute, University College Dublin. He is the author of Ireland in 2050: How we will be Living, Understanding Ireland's Economic Crisis: Prospects for Recovery, QuickWin Economics, and Computable Economics.

His research spans the area of computable economics, macroeconomics, and Irish public policy. He has also published in health economics, and experimental economics.

Date: Tuesday, 11th October, 2011
Time: 12noon to 1pm (light lunch)
Venue: Temple Gate Hotel, Ennis
Cost: FREE ooking essential.

Book online on www.clareceb.ie/courses/ or contact Lucy Reidy on 065-6841922



Enterprise Mid-West





The Challenge of Change in Changing times - Reach for the Sky

Pat Falvey - Businessman, entrepreneur, explorer, adventurer and motivational speaker- a person who has now completed over 68 world wide extreme adventures to become the only person in the world to have completed all the highest points in the world not once but twice, skied to the South Pole and Crossed Greenland to fulfil his

Operation Everest - Pat's presentation is an inspirational one of how to achieve success in life by the ability to change constantly in changing times and the advantage of it. How failure can be turned to an advantage if we are willing to learn from our past mistakes. It shows how it is possible to achieve the impossible, if you have self belief, passion, determination and focus. It will deal with the attributes of what it takes to be a good leader and the importance of motivating and inspiring to having all your team moving in the one direction. It shows the importance of having our minds like parachutes, that unless our minds are open to change we will fail

- Goal Setting
- Risk Taking
- The Importance of Unity
- Self Belief
- Mobilisation
- Empowerment
- Communication
- Conquering Fear
- Affirmation

- The attributes of Success
- Leadership
- Team Building
- Ambition
- Mentoring
- Loyalty
- Commitment
- Trust
- Achievement

Pat's story is told in an entertaining story form with amazing slides from some of the most inspiring, interesting and remote regions of the world.

AGENDA:

6.00pm - Registration

6.15pm - Facilitated Action Networking - "Tackle That Thing"

with Miriam Ahern & Anne Corcoran, Align Management Solutions Unique structured, fun and interactive action-networking opportunity.

7.30pm - Refreshments and informal networking

8.00pm - The Challenge of Change in Changing times - "Reach for the Stars" with Pat Falvey

9.30pm - Close

Date: Wednesday, 12th October, 2011

Time: 6pm to 9.30pm

enue: Woodstock Hotel, Ennis

Cost: €10

Book online on www.clareceb.ie/courses/ or contact Lucy Reidy on 065-6841922

Mentor Clinic for Small Business

Is running your business a challenge -Do you need help with a specific aspect of your business?

Clare County Enterprise Board will host a one-day mentoring clinic for businesses in West Clare. The aim of the mentoring is to provide quidance, support and confidence to the client. Mentor sessions will be solution focused with an emphasis on practical and tangible

THE FOLLOWING MENTORS WILL BE AVAILABLE -

Theresa Mulvihill, Smart Marketing Ltd.



Theresa works as a marketing consultant, mentor and trainer to businesses and individuals. She is a graduate of Galway/Mayo Institute of Technology, DIT and NUI Maynooth. She holds a business studies and marketing degree, Certificate in Training and Continuing Education, a Diploma in Business Networking. Theresa is also a graduate member of the Marketing Institute of Ireland and holds a diploma in Financial Planning from the Insurance Institute of Ireland.

AREAS OF MENTORING EXPERTISE: Marketing; Market Research; Sales; Customer Service; Promotion; Business Development; International Marketing; New venture start-up.

Sharon Cahir, William Cahir & Co., Solicitors



Sharon, an accomplished Legal Practitioner, Cahir & Co. Solicitors works closely with small and medium business owners, investors, entrepreneurs in Co. Clare in advising them about start ups, re-structuring business in the current climate and protecting small business owners and their assets. As a seasoned Mentor, Sharon works with small businesses to ensure that they are developing a strong pro-active and protective legal strategy that will support their vision and business growth for the future.

AREAS OF MENTORING EXPERTISE: Employment Law and wrongful dismissal; Work place discrimination; Choosing the correct business structure; Expanding, re-structuring or cessation of a business; The necessity of Share Holder Agreements; Intellectual Property Rights and proper use of copy right, trademarks, patents, succession planning, debt negotiation and restructuring;



Michael Byrnes, Ml. Byrnes & Associates

Michael formerly lectured in the NUIG in the Faculty of Commerce with responsibility for New Enterprise Management & Entrepreneurship. He now owns a training and consultancy company and has worked with almost 3,750 small businesses throughout the country. Michael has completed many incompany strategic reviews including downsizing and restructuring companies in difficulty

AREAS OF MENTORING EXPERTISE: Michael has considerable experience in areas of finance, funding proposals, bank negotiations, management accounting, cash-flow forecasting & management, costing & pricing and breakeven analysis.

Thursday, 13th October, 2011 Date:

Time: 10am - 5pm (50 minutes mentor sessions per client) Vandeleur Walled Gardens Meeting Room, Kilrush Venue: Cost: FREE (booking of mentor sessions essential beforehand)

Clients will need to contact Clare County Enterprise Board to be allocated a time slot of 50 minutes with a suitable mentor. Tel. 065-6841922 or email: lreidy@clareceb.ie

Rugged North Clare - Ireland As it Once Was Launch of Tourism Map of North Clare

Clare County Enterprise Board has commissioned a specifically designed Tourism Map incorporating tourist attractions, accommodation, places of interest, etc. for the North Clare area. This A3 size full colour 'tear-off' map will be made available free of charge to tourism providers in North Clare for distribution to their customers.

Introduction: 3.00pm Eamonn Kelly, Chief Executive, Clare County Enterprise Board

3.15pm Dr. Brendan Dunford - Brendan will speak about the extraordinary natural and cultural heritage of the Burren, its potential as a place of recreation and learning, and also the important role played by local communities and organisations in looking after this special place.



Official Launch Mr. Michael Vaughan, Chairman Irish Hotels Federation/Shannon Branch and Vice President of the IHF; Owner Vaughan Lodge Hotel, Lahinch; Author of Travelogue Clare a coffee table tourist information book; Former Member of Regional Tourist Board; Current Tourism Pillar Head - at Atlantic Way, Member of the Shannon Airport Sub-committe for Marketing and a passionate lobbyist for Shannon Airport and the

Traditional Music with Eoin O'Neill, Quintan Cooper & Terry Bingham

Light refreshments

The Fover, Pavillion in Lisdoonvarna Venue:

Friday, 14th October, 2011 Date:

Time: 3pm

FREE booking essential Cost:

Book online on www.clareceb.ie/courses/ or contact Lucy Reidy on 065-6841922



Enterprise House, Mill Road, Ennis, Co. Clare. Tel. 065-6841922 Fax. 065-6841887 Email: clareceb@clareceb.ie Web: www.clareceb.ie

Enterprise Mid-West October 2011

Clare County Enterprise Board, as part of Enterprise Mid-West is delighted to offer SME's in Clare an array of various Business orientated events during the week of Monday, 10th October to Friday, 14th October, 2011 in Clare.

For further details and to register for events in the Clare area log on to www.clareceb.ie/courses/

> To view details of all events being run during "Enterprise Mid-West" for October log on to www.enterprisemidwest.com



