

# The Rugby Network Breakfast



RUGBY FSB  
[www.rugbybreakfast.co.uk](http://www.rugbybreakfast.co.uk)  
November 2009



George is very aware of the impact our critical self-talk has in all areas of our performance.

George will introduce you to your business' worst critic and demonstrate how common everyday expressions can zap your motivation and rob you of your vision of success. And he will identify some simple techniques to stop that happening.

## Forthcoming breakfast programme

Jan 22	FORUM with Julia Doherty, Kallum Bell, Bruce Andrews	Marketing on line, email, websites and Twitter
	Followed at 9am by a Rugby Borough Council sponsored dropin support session	
Feb 26	Simon Kemp, Rosie Callaway	Joint meeting in Daventry with Northampton FSB
Mar 26	Young Enterprise	Mentoring the business people of tomorrow
Apr 23	Sean Farnell	Breaking the rules pays off
May 28	Shelley Pearson	Balancing your Growth with your Exit

Your contact to discuss any future speaker or facilitator slots is Rosie Callaway and her email is [rosiec@thebestofboth.co.uk](mailto:rosiec@thebestofboth.co.uk)

To book in for our November breakfast, please go to [www.rugbybreakfast.co.uk](http://www.rugbybreakfast.co.uk) and follow the instructions, or, print out & fill in page 2 overleaf, and pop it in the post to Carolyn Lilley at ASC Warwickshire. The cost for booking in the normal way is £12 per person and £6 if it is your first time.

**NB - If you turn up on the door without booking in advance we will charge you £20.**

attractive affordable office space on flexible terms



## No11

Little Church Street

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call Neil Darracott 01788 569555

£50 for this ad

is donated to Warwicks & Northants Air Ambulance  
To advertise in this space, email [bruce@practicalbusiness.co.uk](mailto:bruce@practicalbusiness.co.uk)

## Friday 27 November at 7am Our speaker: George Houguez

George Houguez is a clinical, cognitive and behavioural hypnotherapist, and indeed a regular attendee over the years at the Rugby Breakfast meetings.

He has lectured nationally and internationally for The London College of Clinical Hypnosis. Practising hypnotherapy in Rugby and increasingly in London,

**B/Fast Venue:** The Rugby Lions Clubhouse, Webb Ellis Road, Rugby CV22 7AU  
**Directions:** When you turn into Webb Ellis Road, off the Bilton Road, follow the signs to the LA Fitness Health club, go past the barrier, then past the health club on your right, and up to the far end of the car park.

**Start : Finish:** 7am sharp: 8.45am

**Bring plenty of business cards along and we look forward to seeing you!**

**FSB Committee** Chris Moody, Ross Williams, Paul Knapman, Ewen Cameron,  
John Holder, Manny Coulon, Rosie Callaway, Bruce Andrews  
**FSB Regional Organiser** Linsey Luke

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**November Booking Form to print out and post** (please copy for guest's details)

**Deadline Tuesday 24 November (PLEASE, if you have a prepaid voucher and wish to attend, then EMAIL [carolynlilley@asc.co.uk](mailto:carolynlilley@asc.co.uk) otherwise there may be no breakfast for you.....)**

to **EWEN CAMERON** ASC Warwickshire, 6 Gresley Close, Daventry NN11 5RZ  
Tel 01327 310365 email [carolynlilley@asc.co.uk](mailto:carolynlilley@asc.co.uk)

- Name..... ◦ Company.....
- email..... ◦ mobile.....
- YES I am coming this month, I enclose a cheque for £12.00 per person payable to `FSB`
- (or £6.00 if it is your first time) - please copy this form for each person.  
**If you turn up on the door without booking first, we will charge you £20**
- Please indicate what your business or organisation's principal activity is  
**in no more than 3 words** so we can put it on your delegate badge

- .....
- I heard about this meeting from..... (first timers please fill in)
  - I am / am not a member of the FSB (you do not need to be a FSB member to attend)
  - I am vegetarian
  - Please do **not** publish my name on the delegate list (don't tick and we will!)

**\*\* Please staple your business card here so we have all your details  
Or, failing that, write your address, email address and phone number**

# FSB Rugby Network Breakfast Voucher Booking Form (reduces all the hassle!)

Date.....

To be posted please to: EWEN CAMERON, ASC Warwickshire, 6 Gresley Close, Daventry NN11 5RZ

Tel 01327 310365 email carolynlilley@asc.co.uk

## Rules

- 1 You pay for as many as you need at £12 each to a maximum of 10 at a time (£120)
- 2 If you order 10 we will send you ONE FREE
- 3 You must confirm your attendance every time either by post or by email before that month's closing date, the Tuesday before the Friday
- 4 **If for any reason you do not show then that voucher is forfeit, as we will have paid for the breakfast**
- 5 We will keep a tally and when you run out we will email you offering a chance to order more
- 6 If the Business Breakfast ceases for any reason then all unspent monies cannot be reclaimed and will be donated after a reasonable period of time by the Rugby Branch Treasurer to an FSB sponsored charity

Please send me \_\_\_\_\_ vouchers at £12.00 each (max. 10)

I enclose a cheque payable to FSB for £\_\_\_\_\_ (max. £120.00)

- I am vegetarian
- I accept the rules set out above

**\*\*Please staple your business card here so we have all your details  
Or, failing that, write your email and phone number**