



Patricia Cleghorn is Principal of Orchid, providing Personal Focus programmes for people in organisations and open courses.

Patricia has been featured in the national press as well as on radio and television. Patricia is the author of *The Secrets of Self-Esteem* and a range of CDs.

Patricia's latest book, *Confidence Boosters!* is available now.

**'Many personal and professional benefits for people throughout our business world-wide.'**

*GM, Human Resources Manager  
BTG International Ltd, London*

**'Excellent, thoroughly enjoyable. Essential for those in supportive roles as well as management.'**

*MH, PA to Group MD  
Anglian Water*

**'Great value both for the individual and the company. Extremely supportive! Positive and constructive from the start.'**

*DH, Finance Director, North Surrey  
Water Co*

**'Gave me the confidence and insights to move from redundancy to set up my own business.'**

*SB, Director.*

**'Personal Leadership helped staff through major changes. Tutor Training for our lecturers means that many students throughout the college now benefit from the Move Forward with Confidence course. Excellent feedback. It helps with studying, getting a job and in the workplace.'**

*AW, line manager and lecturer, Ealing  
Hammersmith and West London College*

## Orchid Personal Focus Programmes ... to help you flourish

### Personal Focus for Success

Focus on creating what is important, as you boost your self-confidence and stay poised under pressure. Continue using the approaches given to create your own unique brand of success at work and in all your life.

### Personal Leadership: Boost Your Self-Esteem, Lower Stress!

At this time of rapid change and increased demands, it is important to have the means to maintain a high level of self-esteem, energy and focus. Enables staff to stay confident, calm and focused in challenging situations.

### Executive Focus

Supports senior managers to meet the diverse demands of their position. This programme is designed to suit the participants' requirements and includes building a new level of personal esteem, maintaining poise under pressure, supporting and inspiring staff. This may be taken as a group or one-to-one course.

### Move Forward with Confidence

Designed to build self-confidence, self-motivation and the ability to succeed. This course for young people is beneficial for those in education and at work, as well as those seeking employment. Has helped many hundreds of young people.

### Move Forward with Confidence Tutor Training

This tutor training course is for those working with young people as lecturers, trainers and teachers. It provides a CD-based six-session course with Calm Cues. Topics include confidence building, concentration, emotional calm, 'spotlight on you' and creating success.

### Creating Your New Life

For those 'retiring', to support you in making this change and creating more of what you want in your life, whether this includes further work or other activities.

### Special Personal Focus Programme

For those facing redundancy or redeployment. Helps you integrate the changes, ensures you are calm, confident and focused as you open to new opportunities, creating your own unique brand of success. This may be taken as a group or one-to-one course.

*All courses include instruction in Practical Relaxation.*

*Participants can continue to use the approaches given for ongoing benefits.*

*These are currently our most requested courses.*

**Courses are specially designed to suit your requirements.**

