



nawic  
the national association  
of women in construction

NAWIC North East  
enquiries@nawicne.co.uk  
www.nawicne.co.uk

EMOTIONAL  
RESILIENCE

NAWIC North East would like to invite you to join us for a full days skills workshop on Emotional Resilience, Assertiveness and Confidence.

**Saturday 29th June**

at Carney Consultancy LTD,  
7-8 Cliffords Fort, North Shields NE30 1JE

9am - Arrival, Tea, Coffee and Welcome  
9:30am- 12:30pm - Emotional Resilience Workshop  
12:30pm-1:15pm - Lunch (Provided, please notify us of any dietary requirements)  
1:15pm-4:15pm - Assertiveness and Confidence Workshop

Places are limited to 16 people therefore please book early to avoid disappointment. Please email [Catriona@cene.org.uk](mailto:Catriona@cene.org.uk) to secure your place.

£25 PER  
PERSON  
(INCLUDING  
BOOKING FEE)



The workshops will be led by **Dr Simon Raybould**. Simon started life working as a researcher looking at the causes of cancer in children. That means everything he does is steeped in a scientist's need to use only what is proven. He's also worked as a professional playwright and director; he's toured internationally as the Technical Director for dance companies; and is a reasonably proficient fire eater! That means training is more fun than just from a scientist! Clients range from one-man-bands through to multinationals such as Dell and Renault, from Ireland to Singapore. He currently lives in Newcastle upon Tyne with his wife and - between bouts of international work - his two daughters.



ASSERTIVENESS  
AND CONFIDENCE

