

# Connecting People



Eastbourne & District  
Chamber of Commerce Ltd.

August 2011

## It's back! Network & Learn: Making the most of your time

20th September, 6.00pm - 8.00pm - The Afton Hotel, Eastbourne



Following the success of the last event in March, the Chamber are again working in partnership with McCrudden Training to make a **free** training & evening networking session available to Members. This time the event is focusing on just that – time!

Are there never enough hours in the day? Do you find yourself getting to the end of a day wondering what you've actually achieved? Is a constant sense of overload making you feel stressed? Tried lots of time management tips that just didn't work? Well, taming your time is as much about attitudes as tips.

The good news is Chamber Member Nicky McCrudden Director of McCrudden Training Ltd is offering Members a free taster of her workshop '*Achieve More: An Introduction to Time Management*'. As well as the free training, there'll be plenty of time to network and share your own thoughts about making the most of your time. So, if you think that you could be more productive or you've a great way to manage time that you'd like to let the rest of us in on, then Network and Learn is a really effective use of your time! Join Members of the Chamber team, and McCrudden Training on 20 September to network with other Chamber Members and tackle your time management issues with McCrudden Training.

Although the event is free, booking is essential and places are limited to 2 places per organisation. Please call Nicky on 0845 257 5871 to reserve your place!

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