

sunday theatre schedule

One Life Live Main Theatre

In association with

THE  INDEPENDENT

11 – 11.30am

Stop A Moment - And Give Yourself Time To Think

Jeremy Clare & Claire Pedrick

Do you know why you're here? In this session we'll help you make a purposeful plan for the day, and help you make the most of the full carrier bag you'll take home!

12 – 12.30pm

How To Quit Your Job And Start Your Own Business

Russell Smith

An inspirational talk to learn how to be your own boss. Warning: you may be seduced to the dark side of enterprise...

1 – 1.30pm

Transform Your Career

In 2008 - John Lees

Hear from career coach and author of *How to Get a Job You'll Love*.

2 – 2.30pm

Are You A Woman In

Transition? - *Lynne Franks*

Plant the 'Seeds' of your future to find professional and personal fulfillment based on the feminine principles of co-operation and relationship-building.

3 – 3.30pm

How To Reinvent Yourself

Clare Longrigg - Psychologies

Making a completely fresh start can be exciting and motivating - or daunting. Find the tools needed to reinvent yourself. Clare is joined by Cecilia d'Felice and Marilyn Devonish.

4 – 4.30pm

How To Live Your Life On Purpose

- Marilyn Devonish

Explore where you are at on your journey and how to use challenges to your advantage and achieve your dreams.

New Directions Theatre

In association with

woman&home

12 – 12.30pm

Change Your Job At Any Stage

John Lees

Hear from author of the bestselling *How to Get a Job You'll Love*.

1 – 1.30pm

Want To Make A Difference?

Stephanie Moore, MBE

Stephanie set up the Bobby Moore Fund in 1993, in memory of her late husband. The fund works with Cancer Research UK and raises money for research and public awareness of bowel cancer. Hear her story.

2 – 2.30pm

Making A Difference Through Charity Work

w&h's Tessa Hilton interviews: Nancy Durrell McKenna - founder of Safe Hands for Mothers; Marga Welsh - who set up a school in India; Sonia Waters - founder of Malawi Dream charity.

3 – 3.30pm

"We bought an off the peg business"

w&h's Victoria Young speaks to women who bought franchises - Juliet McGuigan - Costa Coffee, Lynne Booth - Vom Fass gourmet foods store and Anne Pearce - Cuticles salon. Hear the realities of buying a ready-made business.

4 – 4.30pm

Want To Change Your Life, But Don't Know Where To Start?

- Claire Pedrick

Claire will lead you through the first steps to make a change to your life.

Zest for Life Theatre

Sponsored by



11.30 – 12pm

Healthy Skin For All

Dr Emma Edmonds

Find out the impact your lifestyle has on your skin's health and how to improve it.

12.30 – 1pm

Eating For Healthy Skin

Sanna Anderson

Hear how to achieve healthy and glowing skin through the food you eat.

1.30 – 2pm

How To Keep Your Child's Skin Healthy

Dr Sarah Jarvis

Sarah will offer advice on how to keep their skin healthy and at its natural best.

2.30 – 3pm

Let Us Show You How Osteopathy Works

British School of Osteopathy

Our live demonstration could help you choose this exciting and rewarding career.

3.30 – 4pm

Get Fit For Life And Enjoy It!

Edward Chapman and Phillip Howells

Find out how to achieve the healthier, fitter lifestyle you crave. They'll even show you how to enjoy the process!

4.30 – 5pm

The Feel Karma Gym

Neil Shah

Hear from the Stress Management Society about how to recognise and manage stress.

Be Your Own Boss Theatre

In association with



10.30 - 10.50am

Become Your Own Boss Through Franchising

Nigel Botterill

Hear the benefits of franchising.

11.00 – 11.20am

Your Guide To Starting A Business - HSBC

Financial advice to get your business off the ground.

11.30 – 12pm

Eve Interview With Kerrie Keeling

Kerrie left her job in investment banking to start an all female building and maintenance firm. Hear her story.

12.10 – 12.30pm

Your Guide To Starting A Business - HSBC

Financial advice to get your business off the ground.

12.40 – 1.10pm

Eve Interview With Emma Goss-Custard

Emma left teaching unsatisfied and started her own baking business - *honeybuns*. Hear her story.

1.30 – 1.50pm

How To Get £1,000,000 Worth Of Coverage...

... when you have zero advertising budget! Secrets revealed here.

2 – 2.20pm

Your Guide To Starting A Business - HSBC

Financial advice to get your business off the ground.

2.30 – 2.50pm

Spare Room Start Up

Emma Jones

Turn your business dream into reality from the comfort of your own home.

3 – 3.30pm

Eve Magazine Interviews Claire Aristides

Since starting her business in 2002, Claire is one of today's most inspirational jewellery designers. Hear her story.

3.50 – 4.10pm

How To Change Your Career & Life - Peter Ryding

Learn how to be your own boss and earn a great living. Discover the journey to your success.

show guide sponsored by



www.kryonschool.com

sunday theatre schedule

Travel & Career Break Theatre

In association with

Wanderlust

11 – 11.40am

Taking A Big Trip

Stop holidaying and learn to travel. A panel of travel experts advise on options, preparation, finances, health and safety.

12 – 12.40pm

Volunteering

A great way to spend a career break, but what can you do and how do you choose an organisation?

1 – 1.40pm

Making Travel Pay

Could you teach English, write articles or take photographs that you can sell? How to organise a job for your career break.

2 – 2.45pm

Have Your Cake And Eat It

John Lees

Hear from author of *Take Control of Your Career* on how to take a career break without ruining your career.

3 – 3.45pm

Options For Your Career Break

Learn a new skill, volunteer or simply see the world. A panel of experts offer ideas and practical advice.

Life Change Workshop

11 – 11.50

Sort Out Your Work Life Balance Once And For All

Lyn Murphy

Go away from this session with a personal understanding of 'Balance'.

12 – 12.50pm

You're Never Too Old To...

Keren Smedley

This session is led by Keren Smedley director of Experience Matters a consultancy that specialises in Motivating and Energising the over 50's to maintain peak performance.

1 – 1.50pm

Kabbalah - The Best Kept Secret

Kabbalah

Transform your life with the world's oldest practical spirituality.

2 – 2.50pm

What Do You Want In Life And Work

New Meaning

A mini-taster of latest career and life choice methods.

3 – 3.50pm

A Fabulous Career In Financial Services Awaits You

Mark Hobbs

Make a superb and consistent income for life. Come and hear how New Leaf can train you to start a new and prosperous career in financial services.

4 – 4.50pm

Turn Procrastination Into Action

Certain Change

Achieve the results you really want.

Volunteering & Fundraising Theatre

In association with

Volunteering England

11.30 – 11.50am

Volunteering: How And Why

Volunteering England

Why volunteer? What will you get out of it? Hear about opportunities available and how to get involved.

12.35 – 12.50pm

Volunteering With Mercy Ships

Mercy Ships bring much needed surgeries and medical development services to West Africa - hear how you can get involved. It's also possible to give time and support by fundraising in the UK.

1.35 – 1.50pm

Volunteering With Vitalise

Support people with disabilities on holidays and breaks in the UK and overseas.

2.25 – 2.50pm

Straight From The Horses Mouth

An online social network with a real social purpose! *Horsesmouth* allows everyone to share their life experiences with others facing similar choices and challenges.

3.35 – 3.50pm

Volunteering And The Internet

Youthnet

How to use the internet to find your dream volunteering opportunity. www.do-it.org.uk

4.30 – 4.50pm

Volunteering: How And Why

Volunteering England

Why volunteer? What will you get out of it? Hear about opportunities available and how to get involved.

Relocate & Invest Theatre

In association with

Livingabroad

11.20 – 11.40am

Living The Dream... Moving

Downunder - First Migration

Great weather, great atmosphere, great life! Find out what Australia has to offer and how we can make your dream move a reality.

12 – 12.20pm

Successful Living Abroad

Catherine Nelson-Pollard

A first hand experience with hints and tips on making a successful move.

12.30 – 12.50pm

Canada To Change Your Life

Christopher Sherriff - Solido

Explore investment and relocation opportunities in Canada.

1 – 1.20pm

Living The Dream... Moving

Downunder - First Migration

Great weather, great atmosphere, great life! Find out what Australia has to offer and how we can make your dream move a reality.

1.40 – 2pm

Successful Living Abroad

Catherine Nelson-Pollard

A first hand experience with hints and tips on making a successful move.

2.20 – 2.40pm

Investing In Property

Chris Howard

Building up your wealth can really increase your opportunities in life. Earn strong profits from the active property markets in the EU.

3 – 3.20pm

A New Life – Think Canada

First Migration

Considering moving to Canada? Find out what you need to know including Property, employment and lifestyle.

3.40 – 4.10

Start A New Life In New Zealand

Immigration New Zealand

Is New Zealand the place for you to start a new life? All your questions answered.

