

E Rejuvenation is a Life Service Centre

Our Leadership Programmes helps busy and successful business leaders to release stress, boost their daily energy levels, achieve peak performance and realise their potential as a business leader.

Our programmes will energise you to provide inspired leadership for your organisation - which is especially relevant in these challenging economic times.

Wellbeing4Business research into energy levels of Institute of Directors' LinkedIn members (April 2009) revealed that:

- 64% state that a lack of energy affects their ability to be a good leader
- 100% feel energy affects concentration
- 82% feel It affects engagement at work and 91% feel It affects engagement at home
- 55% feel It affects team dynamics and communication
- 100% feel It affects mental sharpness
- 82% feel It affects productivity at work
- 64% feel It affects decision making
- 55% feel It causes more mistakes



Grants Available

We are able to offer these programme to directors and owners of SMEs in London, fully funded by a UK Government Train 2 Gain grant.

Are you eligible?

- Are you the CEO, director or owner of a UK-registered organisation?
- Employ between five and 249 people?
- Have yet to benefit from the L&M Grant?

If you answered YES to these questions, YOU QUALIFY!



"I have arranged a private room...where top companies send their high flying executives... so well done in this task" - **Sir Alan Sugar, The apprentice**



"The results were extraordinary! I felt very energised and alert for the first time in years...My thinking was clear and physically I had a real spring in my step." - **Virgin Mobile**



"Rejuvenation should be a part of every leader's toolkit. It automatically brings you perspective and the ability to see the bigger picture, which in our frenzied world, where the key focus is often very short-term, can be invaluable." - **Jill McMillan, EMEA Leadership & Development Director, Merrill Lynch**

"My work load has increased as a result of having more energy... I am more efficient in the day... This has led to new revenue stream opportunities." - **Tim Andrews, Entrepreneur**

"I am now able to deliver as much in 3 days as I would have in 5." - **Anne G, Interim Director**

Call at E Rejuvenation Centre today on **020 7650 0718** to find out more.

Check out our website at www.erejuvenation.co.uk