

Gravitate HR **Lunch time Seminars 2011**

Over the course of 2011, Gravitate HR will be hosting a series of seminars designed and targeted towards businesses like yours. The topics of those seminars have been chosen to introduce you to ideas and activities that we hope will add value to the management of your business and to connect with other likeminded people in business. We hope you will have some fun, learn something new and take away some ideas that could help your business grow!

Our programme has been created to introduce you to a number of guest speakers who will have ideas, concepts and activities to test you and make you think!

□ **9th February 2011 – Team Building with Teamscapes**

James England of BlueSky Experiences will demonstrate an innovative team building solutions with Teamscapes. You will have the opportunity to take part and see for yourself how well they work! Book now as numbers are limited.

□ **9th March 2011 – Raising awareness of health and safety**

Philip Marr & Steven Holland of Safetynet will take you through a jargon-free and informative discussion. They will show a common sense approach to meeting employer and employee duties in Health & Safety and demonstrate the business benefits of pro-active safety management.

□ **6th April 2011 – Building a sales culture in your team**

Brendan Walsh believes that adopting a sales culture, and making all staff accountable for business development, will raise the number of new sales and contacts for your business. Focussing on networking techniques and how to ask for referrals, Brendan will show you how easy this can be.

□ **4th May 2011 – Leadership**

Audrey Wilson knows how critical effective leadership is to successful organisations. She will demonstrate simple but effective techniques to start understanding how your leadership style can be developed - practical, thought provoking and relevant to meeting today's challenges.

□ **7th September - Employment Law**

Specialists will guide you through some difficulties in managing people, in relation to the law. You may also have the opportunity to play through an employment tribunal!

□ **5th October 2011 – Occupational Health - What's good for staff is good for business...**

Gavin Routledge is MD of "Active X Clinics" and "Health Improvers". Having started his career as a prize-winning osteopath, written "The Back Book" with Gavin Hastings OBE, then specialising in pain management, Gavin has gone on to work in the field of health improvement and health promotion. He will talk about the link between health and productivity, and how some companies have benefitted from "treating the cause and not the symptom".

Each session will be held at **14 India Street**, between 12:30 and 14:00, / 8.30 - 10 refreshments will be served. It gives you a great opportunity to network and connect with other business owners, and decision makers. Plus, you'll learn something new and practical at the same time!

programme

- Register and refreshment
- Introduction to Speaker
- Workshop Activity
- Learnings to take back
- Farewell

We hope that you will join us, please register interest at elaine@gravitatehr.co.uk

or call 0131 225 7458