

AYLESBURY VALE **BREAKFAST BRIEFING**

Alexis Ernst – Cartwheel Coaching & Consulting 'Networking Basics – Building Relationships'

We are delighted to invite you to the **Aylesbury Vale Breakfast Briefing**, which is taking place on **Wednesday 1st April 2009**.

What is the Aylesbury Vale Breakfast Briefing?

The Aylesbury Vale Breakfast Briefing will be taking place on the first Wednesday of each month at the Watermead. It provides an excellent opportunity to hear a variety of speakers and network with other local businesses in a relaxed and informal atmosphere.

This month's topic: Alexis Ernst is the owner of Cartwheel Coaching and Consulting and an associate of The Wilsher Group. She has 20 years experience in blue chip international business and for the last 4 years has been working with organisations at senior level to build high performing teams.

Alexis will be giving you an insight into some of the elements that make every person unique. You will get an appreciation of the different styles, needs and expectations people bring to a given situation. In these differences lies great strength and understanding these differences and how to bring together and build on these differences will help you achieve your aims.

Timing

7.45am: Registration
8.00am: Breakfast & Networking
8.30am: Alexis Ernst
9.15am: Networking
9.45am: Close

Venue



The
Watermead

Lakeside, Aylesbury, Bucks, HP19 0FX

Comments from previous AVBB meetings held at The Watermead

"Very friendly networking group with a relaxed atmosphere and a good mix of people and organisations"

"It is friendly and informal and does not impinge too much on the working day"

"Opportunity to network with local business people"

"The format and ease of networking is excellent, the guests were local with very common interests and speakers' topics have been highly relevant"

To register, complete and return the reply form overleaf.

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Date: Wednesday 1st April 2009

Venue:  **The Watermead**

**Lakeside
Aylesbury
Bucks HP19 0FX**

Cost: £16.95 per person

(N.B. In the case of cancellations 48 hours or more before the Briefing, the cost (if paid) will be refunded otherwise will not be charged. In the case of cancellations less than 48 hours before the Briefing, or non appearances without cancellation, the cost if paid will not be refunded and if unpaid will remain payable in full.)

I confirm that I/we will be attending the Breakfast Briefing on Wednesday 1st April 2009.

Name _____

Company _____

Address _____

_____ Postcode _____

Tel _____ Email _____

Guest Name _____ Company _____

I enclose a cheque for £..... Made payable to **Aylesbury Vale Breakfast Briefing**

Please reply by 27th March 2008 to:
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