



FREE WORKSHOP

Re-focus Workshop

4th April 2025

12.00p.m.- 1.30p.m. on Zoom

With so much uncertainty in the environment, it is easy to lose sight of your mission and lose motivation and energy.

This 90-minute workshop will provide you with the opportunity to take a step back and reconnect to:

- your values and vision
- your core purpose and “why”
- your unique areas of excellence and strengths and how they can best serve the world

We will then support you to create your Personal Strategic Plan to clarify your future success journey.



RE-FOCUS
.....AND
DISCOVER
YOUR IKIGAI



FREE
WORKSHOP

RE-FOCUS

"As soon as you take these first small steps, your anxiety will fade away and you will achieve a pleasant flow in the activity you are doing"

About Paul McColgan

Paul McColgan is a social entrepreneur with over 25 year's experience in founding, growing and leading high impact social enterprises. He has led start-ups to multi-million pound companies with the emphasis on trading income. His experience spans a range of sectors including Employability, Health, Community Development, Commercial Property Leasing, Affordable Funerals, Hospitality, Education, Performing Arts and Conferencing and Events.

He is passionate about the potential for social enterprise to create a fairer, healthier and happier world, and was Social Enterprise Champion of Scotland from 2019-21.

After 21 years as CEO of various social enterprises he established a coaching practice to work alongside social enterprise and charity leaders. His mission is to support social enterprises in their journey towards greater financial sustainability, balance and wellbeing.

Paul is qualified in Leadership Coaching from The Tavistock Institute of Human Relations, in Health Coaching from The Institute of Integrative Nutrition, and in Business and Executive Coaching from FocalPoint International.

Booking via
**Association of Sustainability
Practitioners**

There are limited places available,
please book early to avoid
disappointment.

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