

CENTRAL LONDON BRANCH event for IoD Members and guests

The IoD reserves the right to alter the arrangements as described due to unforeseen circumstances

Discover a new zest for challenge

The Waterloo Room, 116 Pall Mall, SW1Y 5ED
Monday 13 October 2008
6.30pm for 7pm
Free for Members and guests



John Peck, MPhil, founder
Executive Stretch Ltd

Meet a man with an exceptional talent for motivation who has devoted his life to studying and developing others: as a senior officer in the Metropolitan Police, John Peck developed their Management Strategy and ran Advance Leadership Programmes. Since leaving, he founded the First Ascent

Consultancy Group and, more recently, Executive Stretch Ltd—whose mission is “to provide a unique, individually crafted personal development programme set in a total wilderness environment”.

John has an MPhil in Leadership & Organizational Behaviour and numbers among the personal challenges he has tackled rowing the Atlantic and the Marathon des Sables.



Transcend your comfort zone: explore and develop uncharted areas of the world as well as your mind.

Mountain biking in Kyrgyzstan? Arctic expeditions? Find out how such exciting outdoor adventures may not only help you *survive* the business world’s ever-increasing demands and challenges—but *triumph* over them.

This evening’s lively and interactive presentation will give you a taster of the techniques **Executive Stretch** has put together to help you make developmental changes in a supportive environment away from the company gaze.

Find out how you can manage greater levels of uncertainty and risk, practise a wide variety of coping strategies and by thus improving your self-confidence and resilience, become capable of taking on more responsibility with a new zest.

www.executivestretch.co.uk



Event reference No: G238102

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Name: _____ Position: _____

(This information will be reproduced on the delegate attendance list)

Company: _____ Email: _____

Address: _____

Membership no.: I require: place(s)

Guest 1: _____ Position: _____

Company: _____ Email: _____

Guest 2: _____ Position: _____

Company: _____ Email: _____

Guest 3: _____ Position: _____

Company: _____ Email: _____

Please supply additional guest details on reverse or on a separate sheet. Where relevant please advise of any special dietary requirements.