



*Middle Aston House*

**Executive Coach and Image Consultant Sarah Cartwright will be presenting her Personal Impact keynote at the launch event for the new Middle Aston House Tailored Programme Portfolio.**

at

Middle Aston House, Oxfordshire

on

Thursday 23 May 2019

*From 09:30 to 14:30 including lunch*

**There are three main things that communicate our 'presence' to others; what we look like (*our appearance and body language*), what we sound like (*the sound, tone and rhythm of our voice*), and the words we use.**

This practical and interactive session will help you notice your own personal impact and give you tools that align with your true intentions and personal or organisational brand.

In addition to Sarah's Keynote presentation on Personal Impact you will learn about the new series of Tailored Executive Education Programmes which will be hosted at Middle Aston House including.

**Coaching for Performance | Personal Performance Reboot  
Managing Conflict Constructively | Building Personal Brand  
Courageous Conversations | 'Returning to Work' Reboot  
Situational State Management | Team-building and Off-site Away Days**

We will briefly introduce the programmes and explain why Middle Aston House is the perfect venue for Learning and Development initiatives.

**The event is free to attend but please RSVP to Bobby Mardle at Middle Aston House on 01869 340361 or [enquiries@middleastonhouse.com](mailto:enquiries@middleastonhouse.com) to reserve a seat.**

**Middle Aston House**

Middle Aston, Oxfordshire, OX25 5PT, United Kingdom

Tel: +44 (0)1869 340361 | [enquiries@middleastonhouse.co.uk](mailto:enquiries@middleastonhouse.co.uk) | [www.middleastonhouse.com](http://www.middleastonhouse.com)



## Middle Aston House

### Middle Aston House Tailored Programmes

#### Launch Event

Thursday May 23 2019

#### **Outline itinerary...**

09.30 Meet and networking with tea/coffee in the Lounge.

10:00 **Personal Impact**

Keynote presentation by Sarah Cartwright.

*There are three main things that communicate our 'presence' to others: what we look like (our appearance and body language), what we sound like (the sound, tone and rhythm of our voice) and the words we use.*

*These attributes are important in creating the impact we want with colleagues, customers and key stakeholders. Sarah will cover each of these in turn and explain how in combination, they can be used to best effect to create the outcomes we want.*

11.15 Break

11.40 **Why Middle Aston House?**

Presentation by Mick Earle.

*A presentation about utilising the outdoors as a learning and development platform, why MAH is such a special and unique location and the types of activities we can host here.*

12.10 **The MAH Tailored Programmes portfolio**

Presentation by Dr Veronica Burke.

*A precis of the Tailored Programmes suite and a Q&A session.*

12:45 Lunch and networking opportunity

*Plus an opportunity for a 1-1 with the team.*

13:30 **Venue show rounds**

14:30 Finish



Middle Aton House Tailored Programmes have been designed by Dr Veronica Burke, Sarah Cartwright and Mick Earle, all of whom will be presenting during the event and on hand to give further advice and clarification.

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#### Meet the team...



#### Dr Veronica Burke

Veronica is an executive development consultant with extensive UK and international experience. She has a strong background in individual and team coaching, leadership and organisational development. Skilled in the end-to-end management of executive leadership development, 1-1 coaching, assessment, moderation and curriculum design. Extensive experience in the delivery of management development programmes for a wide range of both public and private sector organisations.

For over 12 years, Veronica was a member of Faculty at Cranfield University School of Management. She is currently a Visiting Fellow and Director of the flagship Cranfield General Management Programme and The Cranfield Talent Development Programme. She works with a wide range of clients across all sectors and industries.



#### Sarah Cartwright

Sarah works with both private and corporate clients as an executive coach, trainer and image consultant. Her background as a professional actor has led her to develop a unique brand of experiential training, through which clients typically report developing confidence and improving personal impact.

Her client list is both national and international including BBC, Foreign and Commonwealth Office, Ministry of Defence, Parliamentary Strategic Unit, Barclays, Goldman Sachs, RBS, The London Stock Exchange, BBH advertising, Hallmark, Channel 4, BP, Abu Dhabi Government, Pfizer, Ashridge Business School, Oxford Brookes University, Imperial College Hospital, Nissan, KPMG and Microsoft.

Sarah has a BA honours degree in Drama, an associate diploma from LAMDA and is an ILM qualified executive coach.



#### Mick Earle

For the past 30+ years Mick's work has focussed on corporate learning and development specialising in the use of challenge, adventure and activity-based interventions for personal development, leadership assessment and development, creative problem solving, behavioural change, motivation and talent planning.

Mick has worked with an extremely broad range of national and international clients in the UK, USA, Europe, Scandinavia, Asia and Hong Kong, delivering learning and development initiatives and seminars for groups as diverse as international senior management teams, serving soldiers, civil servants and prisoners. He is passionate that with the right tools and inspiration ordinary people can and regularly do achieve extraordinary things.

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