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Dear Reader,

This month we are in a celebratory mood at the Catapult Club. We are celebrating being shortlisted as finalists in the handbag.com business awards. It's a real honour to be selected and it's exciting to be part of a growing number of female entrepreneurs. You can read more about women in business in the article below.

We're also celebrating the long-awaited launch of our Crash Courses. Next Thursday, 28th August, we will be in Esher, Surrey, delivering our Voice & Poise course - more details below.

Our Crash Courses will be taking place all over London and the South East during the next few months. More dates and locations will be added soon. Visit our website to find out more or if you prefer to speak to a real person call us on 020 8675 2137.

To help maintain the celebratory spirit we present a sizzling recipe for Sangria. There's much debate on what makes an authentic Sangria - it seems everyone has their own version. We make no claims regarding the authenticity of our recipe but we can promise that it's dangerously moreish.

And, as always, we bring you twelve inspirational ideas for making the rest of August unforgettable.

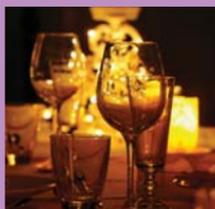
Best wishes,

Emelie & Louise

Quick link to our website...  
<http://www.thecatapultclub.com>

If you like what we do please support us in the handbag.com/Girls! Make Your Mark Awards  
[Click here to vote for us](#)

### Don't Miss Out!



The next Life Launcher takes place from 19th to 22nd September 2008. For more details please visit our website:

### the Catapult Club

*"A truly amazing weekend full of life skills and fun. Such a wonderful, inspiring, empowering and enlightening experience."*

Mrs N, Guildford

### Women's Enterprise

We have recently become ambassadors for Make Your Mark - a national campaign to encourage and promote entrepreneurship in the UK. We are particularly excited about the Girls! Make Your Mark campaign, which targets young



women to unlock their enterprise potential. Sadly women still lag behind their male counterparts when it comes to starting their own businesses.

- Only 13% of the 4.5million UK enterprises are majority women-led
- Only 27% of all the UK's self-employed are women
- Men are twice as likely to be entrepreneurially active
- A third of the female population would start a business if it wasn't for the fear of failure
- Women are less likely than men to believe they have the confidence and skills to start a business

## Crash Courses

We are delighted to introduce three new additions to our range of experiences:

### *Voice & Poise £75*

This dynamic, interactive workshop is about helping you to create the impact you want to create. The focus is on voice, body language and effective communication.

### *Fight Like a Girl £150*

This is what the Catapult Club is all about: independence, assertiveness and confidence. In our one-day Fight Like A Girl course we teach a unique assertiveness and self-defence system that anyone can learn.



### *Zest Express £75*

Join us on the Zest Express for an incredible journey into a happier life. Using a range of practical techniques and exercises we teach you how to get the most out of everyday and how to fill your life with joy.

For full details on our crash courses visit our website.

Voice & Poise - Esher - 28th August  
Voice & Poise - Wimbledon - 9th September  
Fight Like a Girl - Esher - 11th September  
Fight Like a Girl - Wimbledon - 4th October  
Voice & Poise - Winchester - 7th October  
Zest Express - Esher - 17th October  
Voice & Poise - Guildford - 23rd October  
Zest Express - Wimbledon - 31st October

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## the Catapult Club Cocktail of the Month

### "Superb Sangria"

1 bottle of chilled Rioja  
1 tablespoon of caster sugar  
1 shot of brandy  
1 shot of Cointreau  
Lemonade to taste  
Sliced orange, lemon and apple  
Ice



Pour the wine into a pitcher and stir in the sugar. Add the remaining ingredients in the above order. Serve in wine glasses and relax.

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## Delicious Dozen: 12 Ways to Make this Month Magic

1. **Be entertained in Edinburgh.** Enjoy theatre, opera, dance and music at the Edinburgh International Festival until 31st August. For more edgy servings of the same, along with a good dollop of comedy, you can't beat the Edinburgh Fringe Festival, on until 25th August.
2. **Watch the Olympics.** There are still a few days of sporting action left. It might just inspire you to learn gymnastics or take a diving course.
3. **Dance the weekend away.** On Sunday 24th and Monday 25th head for the legendary Notting Hill Carnival.
4. **Get political.** Sneak a peek behind the scenes of the House of Lords and House of Commons. Houses of Parliament tours run until 27th September.
5. **Learn a new dance.** Take a class in something you've never tried: salsa, tango, waltz, street dance, ballet or even belly dancing.

6. Watch *Dangerous Jobs for Girls* on Channel 4. In this reality show women take on tough, physical jobs that have traditionally only been performed by men.

7. Read *The Art of Happiness* by the Dalai Lama.

8. Let the mind wander. Try origami, knitting, jigsaws - anything that works the hands whilst allowing the mind to wander freely will help to relax you. It's the cheat's way to meditate.

9. Keep a diary. Writing down your feelings can give you fresh perspective and new insights on your life.

10. Visit your local library. Their notice boards are usually covered with inspirational and affordable events.

11. Read aloud. Practise using your voice to its full effect by reading out loud. Imagine you have an audience. Best done at home!

12. Create an impact! Join us in Esher next week for our Voice Poise session on 28th August to learn about commanding attention and using your voice effectively.-

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Thank you for reading *the Curiosity*. It's written with you in mind, so we welcome your feedback. Email [info@thecatapultclub.com](mailto:info@thecatapultclub.com) and let us know what you think.

To make sure you receive the next issue please add [info@thecatapultclub.com](mailto:info@thecatapultclub.com) to your address book.

Enjoy the month of August.