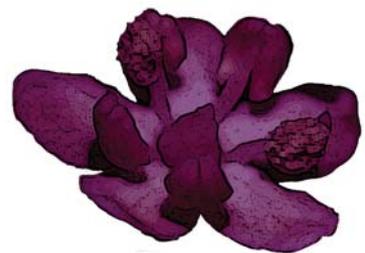


Crash Courses

A guide to our short and one-day courses



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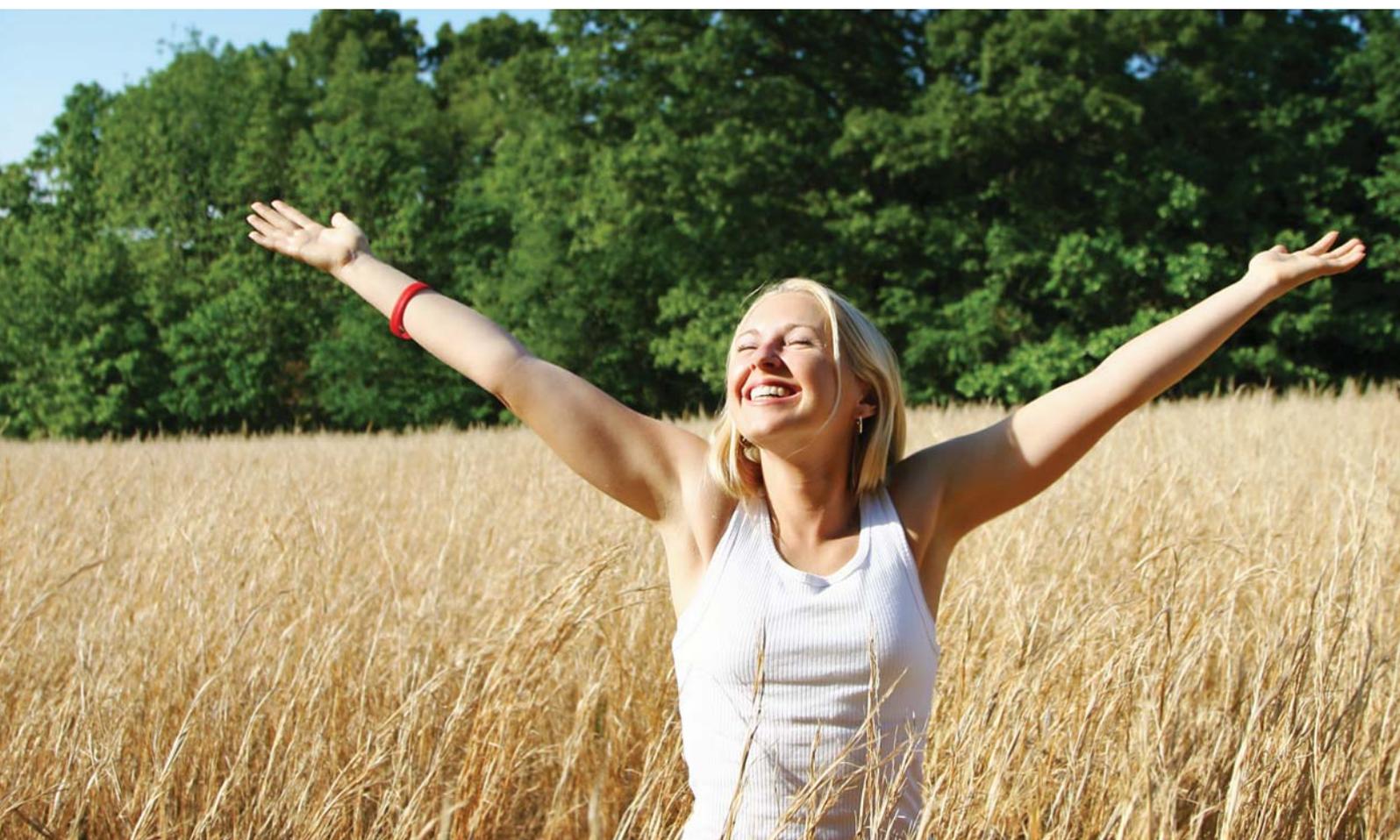
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the Catapult Club Philosophy

The Catapult Club experiences are designed to benefit every woman. Set up by sisters Emelie and Louise Olsson, the Catapult Club redefines personal development and opens it up to a new audience.

In many ways the Catapult Club is the antithesis to self help books. We share their popular belief that confidence comes from inner strength. But we think that to grow strong you need skills that can be relied on, whatever is thrown at you. Without any psychobabble or self-flagellation we will teach you these skills.



In addition to our unique residential experiences we now offer three short and intensive courses, held not at secluded country mansions but at convenient local venues. These courses cover a range of skills and are taught with the same enthusiasm and light touch that we apply on our longer residential experiences.

In just one morning you can learn how to create an impact, project your voice and improve your confidence. Or spend the day with us and learn assertiveness skills and some serious self-defence.

Voice & Poise

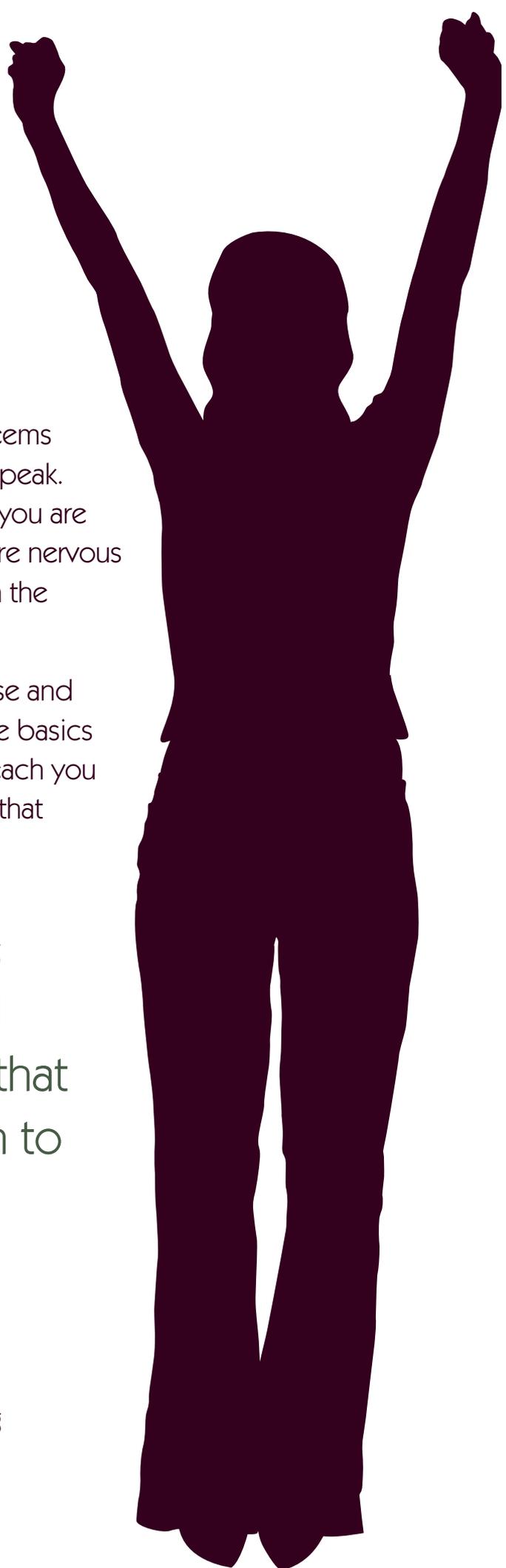
This dynamic, interactive workshop is about helping you to create the impact you want to create. The focus is on voice, body language and effective communication.

We all know someone who seems able to swan around at a party making effortless conversation with everyone, someone who never trips up on their words or gets tongue-tied, someone who seems gracefully to command attention whenever they speak. But if you, like many women, feel that sometimes you are not listened to, that your voice falters when you are nervous or that sometimes you are not taken seriously then the *Voice & Poise* course is for you.

Your voice is your instrument to play as you choose and during a morning session with us you will learn the basics of playing it well. Using a range of methods we teach you how to control and use your voice effectively, so that others listen and pay attention to what you say.

‘Using a range of methods we teach you how to control and use your voice effectively, so that others listen and pay attention to what you say.’

A variety of exercises, which you can continue to practise at home, will enable you to create more variation and tonal interest, improve clarity and diction, and help your voice become the exciting tool you need it to be.



Voice & Poise specifically addresses issues that affect voice and communication in women (social stereotyping, expectations, gender roles and physical differences). We use different psychological models to help you access ways to change learned behaviour.

Through scenarios, role plays and exercises we show you how your body language can be more powerful than your words. We work on your stance, your mannerisms and your listening skills, all to improve communication and confidence. You will learn techniques that will enable you to remain calm and poised in stressful situations.

Dates & Details

COST: £75

TIME: 9:30am to 1:00pm

WHEN & WHERE

Please check our website www.thecatapultclub.com for dates and locations of *Voice & Poise*. If you have a group of friends or colleagues interested in *Voice & Poise* we can come to you to deliver this workshop. Please contact us to discuss this.

In order to deliver individual tailor made training our group sizes are restricted so please book early to avoid disappointment. To reserve your place email info@thecatapultclub.com or call 020 8675 2137. Cost includes course and materials, tea, coffee and refreshments. Gift vouchers are available for *Voice & Poise*.

Soul Spa Sunday

Soul Spa Sunday is a sumptuous blend of our unique skills training with the latest in modern psychology and the ancient wisdom of Eastern philosophy.

‘For seven blissful hours of indulgence we lead you through a personal exploration that will leave you feeling fully recharged and balanced.’

It is the ultimate mental retreat from the outside world. A day of personal development “treatments” to give you space and time to detox your mind and rejuvenate your life.

For seven blissful hours of indulgence we lead you through a personal exploration that will leave you feeling fully recharged and balanced. Your journey begins with a defining exercise to help you gain clearer understanding of who you are and where you want to be. We then set about teaching you how to get there, using a variety of interactive methods.

To soothe stresses you will learn powerful yet simple relaxation techniques, including a tension-relieving pressure point massage. You will be shown how to remain calm and poised in stressful situations to ensure you are able to communicate effectively.



We will help you reenergize your breathing, improve your posture and revitalise your attitude. Through a range of activities we encourage you to challenge yourself and massage your way of thinking, enabling you to break through barriers that may have held you back. By inviting you to reflect on your life and guiding you through what you discover we help you identify your true passions and inspire you to indulge in them.

Soul Spa Sunday is a day created by women for women so we understand the pressures of family, relationships, work and domestic life. We will show you how to prioritise and achieve harmonious balance between all your commitments.

Soul Spa Sunday includes brunch and Sensory Afternoon Tea. The day finishes with a glass of celebratory fizz, after which you will emerge feeling inspired, focused, calm and centered.

Dates & Details

COST: £75

TIME: 10:00am to 5:00pm

WHEN & WHERE

Please check our website www.thecatapultclub.com for dates and locations of *Soul Spa Sunday*. If you have a group of friends or colleagues interested in *Soul Spa Sunday* we can come to you to deliver this indulgent day. Please contact us to discuss this.

The size of the group is restricted so we will be able to tailor make your Soul Spa treatments, depending on your individual needs on the day so please book early to avoid disappointment. To reserve your place email info@thecatapultclub.com or call 020 8675 2137. Cost includes course and materials, brunch, Afternoon Tea, plus coffee, tea and refreshments throughout the day. Gift vouchers are available for *Soul Spa Sunday*.

Zest Express

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.



Our approach, as always, is holistic and hands-on. We address your breathing, your posture and your attitude. Through role plays and activities we encourage you to challenge yourself and your way of thinking, helping you to break through barriers that may have held you back.

You will learn how to experience your world through a fresh perspective and with child-like wonder. Using a unique method of sensory exploration we reconnect you with your senses, enriching your daily existence.

The *Zest Express* course is by women for women so we understand the pressures of family, relationships, work and domestic life. We will teach you how to prioritise and achieve a harmonious balance between all your commitments.

‘Participating in a *Zest Express* session is like downing a potent energy tonic. You will leave feeling amazing, buzzing with ideas, full of ambition and brimming with joy.’

To enable you to cope with the stress that 21st century living can cause, we teach you powerful and simple relaxation techniques. These can be used anywhere and will benefit every aspect your life.

Participating in a *Zest Express* session is like downing a potent energy tonic. You will leave feeling amazing, buzzing with ideas, full of ambition and brimming with joy. Sessions are generally held on a Friday afternoon, so are the perfect way to kick-start the weekend.

Dates & Details

COST: £75

TIME: 1:30pm to 5pm

WHEN & WHERE

Please check our website www.thecatapultclub.com for dates and locations of *Zest Express*. If you have a group of friends or colleagues interested in *Zest Express* we can come to you to deliver this workshop. Please contact us to discuss this.

In order to deliver individual tailor made training our group sizes are restricted so please book early to avoid disappointment. To reserve your place email info@thecatapultclub.com or call 020 8675 2137. Cost includes course and materials, tea, coffee and refreshments. Gift vouchers are available for *Zest Express*.

Fight Like a Girl

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.

Our training is based on the simple fact that fear has a huge physical effect on the body.

Fear causes a surge of adrenalin, an automatic reaction to stress. Your heart rate and blood pressure increase, sending more oxygen and blood sugar to help power vital muscles. Your pupils dilate, body hair stands on end, you can experience tunnel vision and you might even find it difficult to hear.

All of these responses are part of your body's natural self-defence system, designed to help you fight harder and run faster. But as anyone who has ever been frightened knows, this rush of hormones can have a disabling effect, causing you to freeze or become "paralyzed" with fear.

'This day course could not only change your life, one day it could quite literally save your life.'

We will teach you how to override the body's fear response and to use the adrenalin surge to your advantage. We do this by teaching you simple techniques alongside a series of stress-inducing scenarios to build up your adrenalin levels.



You learn while you are adrenalised, replicating real-life fear in a safe and supportive environment. A day with us will recondition your natural fear and freeze response into a positive response of amazing strength and power.

Being able to defend yourself when faced with danger is not the only benefit of *Fight Like a Girl*. By learning a new response to stressful situations you will become more assertive in other areas of your life. We take you through assertiveness exercises, that you can use in many situations, whether it's at work, at home or simply complaining in a restaurant.

True self-defence really is the most empowering skill you can acquire. Knowing you can take care of yourself is a liberating feeling. This day course could not only change your life, one day it could quite literally save your life.

Dates & Details

COST: £120 (including lunch)

TIME: 9:30am to 5pm

WHEN & WHERE

Please check our website www.thecatapultclub.com for dates and locations of *Fight Like a Girl*. If you have a group of friends or colleagues interested in *Fight Like a Girl* we can come to you to deliver this empowering experience. Please contact us to discuss this.

In order to deliver individual tailor made training our group sizes are restricted so please book early to avoid disappointment. To reserve your place email info@thecatapultclub.com or call 020 8675 2137. Cost includes course and materials, lunch, tea, coffee and refreshments. Gift vouchers are available for *Fight Like a Girl*.

Crash Courses at a Glance

For more details, dates and venues of our workshops visit www.thecatapultclub.com
To book or enquire about any of our experiences email info@thecatapultclub.com or call 020 8675 2137.

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.

Soul Spa Sunday £100

The ultimate mental retreat from the outside world. A day of personal development “treatments” to give you space and time to detox your mind and rejuvenate your life.

Zest Express £75

Hop on board 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.

Fight Like a Girl £120

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.

If you're not already receiving our monthly newsletter, *the Curiosity*, drop us an email and we'll add you to the mailing list.

For more information about the Catapult Club and our range of unique residential experiences and tailor-made hen weekends visit www.thecatapultclub.com

