



West Region Meeting Notes

Saturday, 2nd April 2011

The Cleve Spa Hotel, Taunton

Mediation and EFT

This was a very successful day. The feedback suggests that delegates enjoyed both the presentations and found them informative and useful. There was good audience participation, which was partly because the presenters encouraged it and partly because of the audience make-up.

The new venue was a success – stunning views, friendly staff, good facilities and delicious food.

The programme timing could have been better, but the underlying problem was that the topics warranted (and the delegates wanted) more information than the workshop slot allowed. In the wrap up discussion, we decided to increase the length of the day by an hour in the future, which will allow half an hour longer for each session.

There were no other adverse comments on the feedback forms. Several delegates gave very complimentary comments that we can use on future publicity.

Future events - 25th June 2011 - MBSR and yoga
 - October 2011 - Managing stress at times of change
 - January 21st 2012 - Mind Quietening methods

Quotes that we can use to publicise future events

“An enjoyable, informative way of achieving CPD requirements.”

Name: *Chris Clarke*

Organisation: *Chris & Elizabeth Clarke*

“I always learn so much from these days and enjoy meeting everyone – old friends and new.”

Name: *Sue Young*

Organisation: *South Devon College*

“So worthwhile. Well worth travelling 80 miles to be there and give up a Saturday for.”

Name: *Chris Atree*

Organisation:

“A very useful, informative day and a great opportunity to network and meet the members.”

Name: *Sue Bourne*

Organisation: *SBA.UK. Ltd.*

“Excellent day overall – speakers, other delegates, venue and food.”