

COUNTY WICKLOW BUSINESS NETWORK

AGENDA

Date: Tuesday 21st February 2011
Time: 7AM – 9AM
Venue: The Glenview Hotel
Cost: €10 (payable at registration desk, please bring exact change)
Topic: **'Applying Sports Psychology to Business'**
Speaker: Gerry Grehan, 'The performance Coach'



Gerry Grehan
The Performance Coach

- 7.00am: Buffet breakfast served**
- 7.30am: Member Introductions**
- 7.45am: Guest Speaker – Gerry Grehan**

- Have you ever wondered how top athletes get motivated?
- How they achieve their 'ideal performance state' on an ongoing basis?
- Would you like to apply their success to your business?

At the February meeting of the '**County Wicklow Business Network**', **Gerry Grehan** will explore the essentials of team building in small/medium businesses, and the vital leadership and communication skills required for **team management**. He will take the principles he has used with **All Ireland winning teams** and **international players** and explain how to apply them to your business. For **self-employed** individuals Gerry will describe **how solo athletes motivate themselves**.

This session will focus on practical tools for application in your business. Insights learned at this session will help owner-managers to set realistic goals for 2012, develop interpersonal and coaching skills, increase decision making capabilities and generally improve motivation for business success in this challenging year.

9.00am: Close

**Please remember to rsvp in advance for this event (for catering reasons etc.).
RSVP to enterprise@wicklowceb.ie or phone **0404 30800****