

PERSONAL DEVELOPMENT





5-A-SIDE CHESS

WHO : RAY WRIGHT

WHERE : BRAINTREE FOYER TRAINING ROOM

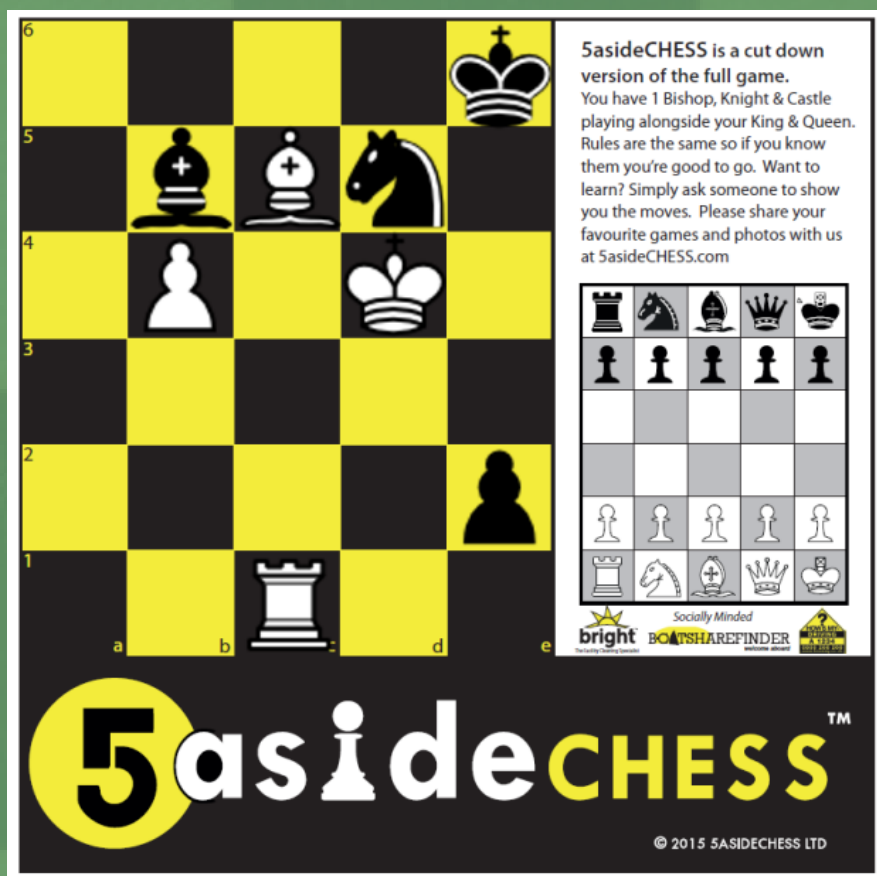
WHEN : FIRST FRIDAY OF EVERY MONTH 4PM

"...WE WANT EVERYONE TO SHARE THE LOVE OF CHESS BUT WE NEED TO MAKE IT EASIER TO GET INTO"

INSTEAD OF 2, YOU ONLY HAVE 1 BISHOP, KNIGHT & CASTLE PLAYING ALONGSIDE YOUR KING & QUEEN. THIS GREATLY SPEEDS UP THE GAME, MAKES IT FUN AND IDEAL TO PLAY IN MANY SOCIAL OCCASIONS!

HOW TO BECOME A 5-A-SIDE CHESS MASTER

- PLAY 20 GAMES
- TEACH 5 PEOPLE HOW TO PLAY
- MAKE A SHORT FILM ABOUT LEARNING TO PLAY CHESS



The graphic features a 6x5 chessboard with a yellow and black checkered pattern. The board is labeled with numbers 1 to 6 on the left and letters a to e at the bottom. Chess pieces are placed on the board: a black King on e6, a black Knight on d5, a black Bishop on c5, a white Bishop on c4, a white Pawn on b4, a white Queen on d4, a black Pawn on e2, and a white Rook on b1. To the right of the board is a text box with the following content:

5asideCHESS is a cut down version of the full game.
You have 1 Bishop, Knight & Castle playing alongside your King & Queen. Rules are the same so if you know them you're good to go. Want to learn? Simply ask someone to show you the moves. Please share your favourite games and photos with us at 5asideCHESS.com

Below the text box is a small 5x5 grid showing the full set of pieces for both sides: Black (King, Knight, Bishop, Pawn, Castle) and White (King, Knight, Bishop, Pawn, Castle). At the bottom of the graphic is the **5asideCHESS™** logo, with the '5' in a yellow circle. Below the logo is the copyright notice: © 2015 5ASIDECHES LTD.

IF YOU PLAY THE GAME ALREADY YOU KNOW ALL ABOUT THE AMAZING BENEFITS AND FUN YOU CAN HAVE PLAYING. WE WANT YOU TO HELP US DRAG THE GAME OF KINGS, INVENTED IN INDIA AND SOMETHING OUT OF THE OLD WORLD CHESS CLUB AND INTO THE OPENNESS OF THE 21ST CENTURY.



DO YOU RECOGNISE YOURSELF IN THESE RELATIONSHIPS?

WHO : DEBBIE AUSTIN

WHERE : BRAINTREE FOYER TRAINING ROOM

WHEN : 13/11/17

15/01/18

18/01/18

12/03/18

22/03/18 5:30 - 7PM

RELATIONSHIPS ARE IMPORTANT BUT CAN BE DIFFICULT AND DEMANDING AT TIMES. IN THESE SESSIONS WE WILL EXPLORE PRACTICAL WAYS IN WHICH WE CAN MAKE THE RELATIONSHIPS IN OUR LIVES MORE POSITIVE AND LEARN HOW TO SPOT THE SIGNS SO THAT WE MIGHT BE ABLE TO IMPROVE THEM.



CRITICAL THINKING IN A FAKE NEWS WORLD

WHO : MARK WATSON

WHERE : BRAINTREE FOYER TRAINING ROOM

WHEN : 01/02/18

WHAT IS REAL? WHAT IS FAKE ? THIS SESSION EXPLORES SOME OF THE WAYS YOU CAN DISTINGUISH FAKE NEWS FROM RELIABLE NEWS. FIND OUT HOW TO WEIGH UP EVIDENCE AND FORM YOUR OWN OPINION ABOUT THE NEWS STORIES OF TODAY.



INTRODUCTION TO CONSERVATION

WHO : ANGUS WINGFIELD

WHERE : BRAINTREE FOYER TRAINING ROOM

WHEN : 16/02/18 6PM

THE CONSERVATION OF WILDLIFE AND WILD PLACES HAS NEVER BEEN MORE IMPORTANT AS WE SEE EVER INCREASING PRESSURES ON THESE PLACES FROM AREAS SUCH AS INDUSTRY, POPULATION EXPANSION AND POACHING.

IN THIS SESSION, WE WILL BE LEARNING ABOUT THE KEY CONSERVATION ISSUES AND HOW THEY CAN BE RESOLVED.





STEALTH ASPIES

WHO : PAUL WADY, SARAH SAEED, ALAIN ENGLISH AND HANNAH YAHYA

WHERE : BRAINTREE FOYER TRAINING ROOM

WHEN : 6PM 15TH MARCH 2018

AUTISTIC PEOPLE SPEAK FOR THEMSELVES IN THIS ENSEMBLE SHOW. WHICH WAS WRITTEN FROM SURVEYS COMPLETED ONLY BY AUTISTIC PEOPLE. THE VOICES OF REAL PEOPLE ON THE AUTISTIC SPECTRUM FINALLY GET HEARD AND PERFORMED BY A 100% NEURODIVERSE CAST.

"PROUD, UNIQUE, FUNNY, MOVING"



WHAT GIVES MEANING TO LIFE.... **RICHARD WEARMOUTH**

WHERE : BRAINTREE FOYER TRAINING ROOM

WHEN : 12/10/17 6PM

COME AND MEET RICHARD WEARMOUTH, HE WILL BE HERE TO TALK ABOUT HIS JOURNEY FROM LIVING IN NEWCASTLE TO LEAVING HOME TO BECOME A MINISTER, WORKING WITH THE SALVATION ARMY ON VARIOUS PROJECTS AND THE HISTORY OF THE SALVATION ARMY.





WHAT GIVES MEANING TO LIFE.... **ANGIE JONES**

WHERE : BRAINTREE FOYER TRAINING ROOM

WHEN : 18/10/17 6PM

THIS SESSION WILL LOOK AT LABELS : HOW DO WE LABEL OURSELVES AND HOW ARE WE LABELLED? ARE THESE LABELS IMPORTANT? WHO ARE THEY THERE FOR? CAN THEY BE HELPFUL OR ARE THEY HARMFUL? WHAT IF WE DECIDED TO REJECT OR THROW AWAY OUR LABELS?

BEFORE BECOMING A CELEBRANT ANGIE, WORKED IN A VARIETY OF PEOPLE-FOCUSED PROFESSIONS, SUCH AS COUNSELLING, TRAINING AND DELIVERING WORKSHOPS FOR CHARITIES SUCH AS CHILDLINE AND THE NSPCC. SHE ALSO HAS EXTENSIVE EXPERIENCE IN BUSINESS MANAGEMENT AND AN ACTIVE INTEREST IN WRITING AND PERFORMANCE, HAVING TAUGHT DRAMA FOR A NUMBER OF YEARS.



WHAT GIVES MEANING TO LIFE.... LAUREN SMITH

WHERE : BRAINTREE FOYER TRAINING ROOM

WHEN : 9/11/17 7PM

LAUREN IS 29 YEARS OLD AND WAS RAISED IN ESSEX AND, LIKE MANY OF US HAS A VERY DIFFERENT OUTLOOK AND ATTITUDE ON LIFE COMPARED TO WHEN SHE WAS YOUNGER. HER JOURNEY INTO SEEING THE WORLD DIFFERENTLY BEGAN A FEW YEARS AGO AS SHE MET A GUY WHIST TRAVELLING THROUGH MOROCCO. HE TOLD HER ABOUT AN INCREDIBLE RETREAT HE HAD BEEN ON WHERE HE SPENT 10 DAYS IN SILENCE. HIS EYES LIT UP AS HE TOLD HER ABOUT THE THOUGHTS AND EMOTIONS HE WENT THROUGH DURING HIS STAY AND, HOW BY THE END, HE GAINED A SENSE OF PEACE AND LIGHTNESS THAT CHANGED HIS PERSPECTIVE ON LIFE. THE STORY LAUREN WISHES TO SHARE WITH YOU, IS HOW SHE RECOGNISED THE HAPPINESS AND LIGHT SHE SAW REFLECTED IN HIS EYES AND HOW SHE RAN WITH IT AND BEGAN HER OWN PATH OF MEDITATION, WHICH HAS NOT CHANGED LAURENS' LIFE, BUT GIVEN HER LIFE!



WHAT GIVES MEANING TO LIFE.... REVD STEPHEN BAILEY

WHERE : BRAINTREE FOYER TRAINING ROOM

WHEN : 16/11/17 6PM

COME ALONG TO THIS SESSION AND MEET REVD STEPHEN BAILEY. HE WILL DISCUSS HIS FAITH AND HIS JOURNEY TOWARDS HIM BECOMING THE HONORARY CURATE AT ST MICHAELS CHURCH IN BRAINTREE. STEPHEN WILL DO A SHORT TALK THEN TAKE QUESTIONS.



WHAT GIVES MEANING TO LIFE....

ROS PEARMAIN - HEARTFULNESS

WHERE : BRAINTREE FOYER TRAINING ROOM

WHEN : 23/11/17 6PM

AMONGST THE STRESSES AND STRAINS OF LIFE, HEARTFULNESS OFFERS A SIMPLE AND HELPFUL APPROACH TO MEDITATION AND RELAXATION WHICH IS FREE AND OPEN TO ALL. MEDITATION HAS BEEN PRACTISED FOR THOUSANDS OF YEARS AND ITS BENEFITS ARE WELL DOCUMENTED. THEY INCLUDE A REDUCTION IN STRESS AS WELL AS IMPROVEMENTS IN HEALTH, CONCENTRATION AND FOCUS - ALL THE INGREDIENTS NECESSARY FOR A HAPPIER AND MORE FULFILLING LIFE.

ROS LIVES IN ABINGDON NEAR OXFORD, UK AND HAS WORKED WITH GROUPS OF ALL AGES DURING HER WORKING LIFE. SHE HAS ALWAYS BEEN INTERESTED IN HOW WE CAN CHANGE AND TRANSFORM. IN RECENT YEARS, SHE HAS BEEN TEACHING PSYCHOTHERAPY AND QUALITATIVE RESEARCH AND IS A HEARTFULNESS TRAINER.



WHAT GIVES MEANING TO LIFE....

ROBERTA SHEPS

WHERE : BRAINTREE FOYER TRAINING ROOM

WHEN : 11/12/17 6PM

COME ALONG AND MEET ROBERTA FROM COLCHESTER SYNAGOGUE. SHE WILL BE DISCUSSING HER FAITH AND HOW HER JOURNEY MADE HER RE-EVALUATE HER PRIORITIES IN LIFE.



WHAT GIVES MEANING TO LIFE.... WIN BERNARD

WHERE : BRAINTREE FOYER TRAINING ROOM

WHEN : 25/01/18 6PM

WIN HAS OVER 36 YEARS EXPERIENCE (6 YEARS CUSTOMS AND 30 YEARS POLICE) IN ENFORCEMENT, GENERAL SECURITY AND SECURITY OPERATIONS. THIS EXPERIENCE IS SPREAD NATIONALLY AND INTERNATIONALLY. HE HAS WORKED IN THE USA, CANADA, GIBRALTAR, CZECH REPUBLIC, THE PHILIPPINES AND ALL OVER THE UNITED KINGDOM.

IN HIS EARLY CAREER WITH CUSTOMS HE GAINED NOTABLE EXPERIENCE IN SPECIALIST SEARCH TEAMS. MOVING ONTO THE POLICE SERVICE HE GAINED EXPERIENCE IN :- CRIMINAL INVESTIGATIONS DEPARTMENT (CID), SURVEILLANCE, FRAUD, PROJECT MANAGEMENT, COUNTER TERRORISM, HOSTAGE AND CRISIS NEGOTIATION, TRAINING, CRITICAL INCIDENT MANAGEMENT, CRIMINAL INTELLIGENCE, SERIOUS CRIME INVESTIGATIONS AND STRATEGIC COMMAND. THE WORK AS A HOSTAGE AND CRISIS NEGOTIATOR, AS A TRAINER AND COURSE DIRECTOR, HAS LED WIN ONTO BECOMING A LECTURER ON THE SUBJECT OF INTERPERSONAL COMMUNICATION, THE MAIN WORK CONDUCTED BY HIM AS A CONSULTANT.

WIN HAS BEEN HONOURED BY HM QUEEN ELIZABETH II, WHEN SHE AWARDED HIM THE QUEENS POLICE MEDAL (QPM) FOR EXEMPLARY AND DISTINGUISHED SERVICE. WIN IS ALSO A PSYCHOLOGY GRADUATE.



WHAT GIVES MEANING TO LIFE.... COLIN FALCONER

WHERE : BRAINTREE FOYER TRAINING ROOM

WHEN : TBC

OVER 20 YEAR'S EXPERIENCE FROM CLASSROOM TEACHER TO CHARITY DIRECTOR - INNOVATING GROUND BREAKING IDEAS, SECURING FUNDING, DELIVERING TRAINING, MANAGING PROGRAMMES, QUALITY ASSURING PERFORMANCE AND ACHIEVING IMPACT. COLIN IS A WRITER AND PRESENTER WITH A RANGE OF PUBLICATIONS, THEATRE AND TEDX PERFORMANCES. HE DOES CONSULTANCY WORK WITH HOUSING ASSOCIATIONS AND ALSO DOES OVERSEAS WORK IN AMERICA AND AUSTRALIA. HE IS A THOUGHT LEADER FOR ADVANTAGED THINKING AND NOW FOUNDER OF INSPIRECHILLI.COM.