



## **DJC to get an extra dimension in coaching**

The Dorset Junior Chamber (DJC) will be helping members and guests to 'become their own coach' with the help of Extra Dimension's Alan Adair during their next training event on Thursday 19<sup>th</sup> March (6pm) at the Wessex Hotel, Bournemouth. The DJC's monthly sessions are free for members and provide a popular means of development for the staff of local organisations and business professionals.

Alan Adair will be passing on practical tips and guidance taken from over 20 years of corporate experience. During this time, Mr. Adair has built up an enviable reputation when it comes to tackling business issues, creating new working methods and driving people development. His session for the DJC will be a practical one, providing attendees with the tools to deliver an immediate impact in their workplace and amongst colleagues.

As Alan Adair explains, his session for the DJC will take on a slightly different approach: "Usually, these sessions are delivered more intimately, but the plan for the DJC is to tap in to each individual attendee's personal challenges. This will begin by examining the exact nature of the issue and go right through to highlighting the steps that could be taken to bring about corrective action."

The DJC's Vice President, Katie Wilson, states: "We are eagerly anticipating the Extra Dimension session as Alan Adair has been recommended based on his impressive skills in working with teams, individuals and businesses to deliver tangible results. I would encourage our members and friends to attend, as it promises to be a valuable opportunity for personal development."

Places can be booked directly by contacting Katie Wilson by telephone on 01425 477281 or by e-mailing [katie@djC.org.uk](mailto:katie@djC.org.uk). They are free for DJC members and £10 for guests.