

"I HATE NETWORKING... ...BUT IT WORKS!"

Never been to a Networking meeting?

Maybe you've been to one & said to yourself "Never again!!"

When you think of networking do you immediately think of and hear yourself saying 1 (or more) of the "7 Deadly (Networking) Sins?"

"What are they?" we hear you ask.

"I hate being the centre of attention"

"I get nervous & embarrassed easily"

"I'll just look & sound stupid"

"I always say the wrong things"

"I just go blank & totally forget what I should say to people"

"I'll not create the right impression"

"I hate speaking in public"

If any of these are relevant to you then our "I Hate NetworkingBut It Works" lunch is for you. We won't embarrass you or put you on the spot. In only 90 minutes (including your lunch) you will find that Networking doesn't have to be traumatic & you might even get to both enjoy it & see it as a valuable & cost-effective way of marketing your business.

This lunch is hosted by STBN & is FREE to you thanks to generous sponsorship.

To book your place on this FREE event please

email info@stbn.co.uk or telephone **0191 3871924**

Date: Wed 1st July 2009

Venue: Quadrus Centre in Boldon

Time: 12.30pm - 2pm



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