



# THE GLOUCESTERSHIRE BUSINESS SHOW

Gloucestershire's Festival of Business & Innovation

#GBS19

## Breakfast

**A Well-being business  
breakfast with CCP  
and friends**

Wednesday 22nd May 8:00am



## Book your tickets

<http://business-shows.eventbrite.com/>

[www.gloucestershire-business-show.co.uk](http://www.gloucestershire-business-show.co.uk) • 01242 807689

Cheltenham Town Hall, Imperial Square, Cheltenham, GL50 1QA

In association with

**nettl**  
of Gloucester & Cheltenham

**Cordell Ray** – Caring for Communities & People

**SJ Griffiths** – Co-active Coach



Wednesday 22nd May 8:00am

The Regency Café – Cheltenham Town Hall

Cost: £12.50 + VAT



# A Well-being business breakfast with CCP and friends

“Achieve more with less effort and reclaim your well-being” SJ Griffiths, Co-Active coach & Strala yoga guide shares techniques to alleviate stressful living in a chaotic world so you can get back to the real you. A great start to a day of making new connections in a relaxed environment. Brought to you by Caring for Communities & People (CCP), our 2019 Charity Partner.



## Cordell Ray

Cordell is CEO of the Charity, Caring for Communities & People with a vision to prevent the causes and reverse the effects of homelessness, family breakdown and exclusion.

Driven by a desire to create positive social impact, Cordell firmly believes we can all add value by doing something extra, every day, to create a fairer and richer society for all. Embracing the assets, talents and potential of all people is crucial in achieving equality and diversity.



## SJ Griffiths

A passionate & accredited Life-Coach and a fully-fledged integrative nutrition Health Coach having graduated from the largest nutrition school in the world, SJ was one of the very first yoga guides in the UK having trained in Strala yoga, NYC by Tara Stiles, voted World's Coolest Yogi.

## Book your tickets for this event

<https://a-well-being-business-breakfast-with-ccp.eventbrite.co.uk>



Neil Morgan Design