

Grow your business significantly faster and more easily

at Aspirin's Leadership Gym

Take a break from the grind and join a supportive network of business owners who are passionate about building stronger businesses, empowering their teams, and having a healthy work-life balance.

Our monthly workouts are designed to provide you with a focused half-day of exercise for your business skills, enabling your business to be stronger, fitter and more agile. Take the plunge and join us for a business workout in The Aspirin Leadership Gym!



Just a few of the benefits of joining our Leadership Gym:

Accountability

Your fellow members will help hold you to account and ensure you stay on track. Research shows this gives you up to a **95%** chance of completing your goals.

In-The-Room Problem Solving

Work on your own specific challenges and opportunities, helped by your peers and Facilitator, with our Members' Challenges & collaborative problem-solving sessions.

Business Improvement Workshops

Tackle hot-topics using world-class resources specifically designed to build your leadership skills, confidence, and business capability.

One-to-One Coaching

Explore your business strategy and team performance, and review your progress in confidential one-to-one coaching sessions with your qualified Facilitator.



I have been part of Aspirin's leadership groups for over 3 years now and it has been fantastic...

Why? Working alongside leaders from non-competing businesses enables everyone to be more open, honest and generous. Because the delegates within it spend time and effort to help each other with ideas and challenges, and inspire confidence to allow people to make a difference in their businesses.

Ed Bell, MD
Lester Brunt Wealth Management



Your Membership* Includes:

1. Monthly half-day sessions at Aspirin's Leadership Gym (excl. August), including:
 - a. Catch-Up to Warm-Up
 - b. 3 Business Workouts, typically:
 - i. A Member's Business Challenge, e.g. Performance Issue
 - ii. A Business Improvement Workshop, e.g. Sales Activity
 - iii. A Hot-Topic HIIT Class, e.g. Pricing
 - c. Accountability Cooldowns
 - d. Followed by a Tasty Lunch!
2. 30-minutes on online coaching per month (which can be rolled into bigger sessions)
3. Monthly Breakfast Boosts
4. 24/7 access to world-class resources, from global business advisory group Mindshop
5. An August social for Members and their guests

* Minimum Term of 3-Month's Membership

Why Aspirin's Leadership Gym might be a better choice for you?

Our members are owners and leaders in businesses at similar stages of their growth cycle, meaning they share similar business challenges and opportunities. Only non-competing businesses are allowed to join the same Gym, enabling members to be open and honest about their vulnerabilities and great ideas. Members are here to learn and contribute, not to sell. We turn away prospective members who aren't a good fit. With a qualified coach and business advisor as your facilitator, we create engaging and collaborative learning environments with top tips, activities, and workshops you can take back and use with your own teams.



Meet Your Facilitator

Susannah Brade-Waring is an accomplished, qualified, and award-winning business advisor and coach. She has over 20 years of experience working with organisations ranging from small start-ups to large corporates, including the John Lewis Partnership and Merlin Entertainments.



Get in touch via phone or email to find out more and apply!



01202 985112



sue@aspirinbusiness.com