



Taster Sessions

Taster sessions are a great way for us to get to know each other.

 After your free initial consultation why not book a one hour taster session to try us out? This keeps your costs low and enables up to twelve people to experience what we offer while you assess if we're the right fit for you.

 We can also offer a programme of short sessions to help keep your people energised and interested. We can cover a range of topics designed to be relevant to you.

