

# Thames Valley

## Policewomen's Development Day



Mary was speaker at Thames Valley Policewomen's Development Day. The venue was Drayton Park Golf Club, near Abingdon. This was the first workshop in a series of 4 where the women had only just got together - the work they covered was introductory - who they are, what their goals are, encouraging shared support and networking etc.

**Mary's talk was essentially be about her life, it needed to pick up some of the themes they were working on - goal setting, aligning your goals with your values, that sort of thing! It's good to sum up with some top tips that have worked for you.**

**Natalie Green  
Verdant Development  
for growth and learning**

### Feedback:

**"Very inspirational and funny lady. Good at keeping interested."**

**"Mary is an inspirational speaker and very generous with her knowledge."**

**"Mary is an excellent public speaker – very inspiring, comical and motivating."**

**"Mary spoke with infectious enthusiasm and was incredibly interesting and inspiring."**

**"A very natural, charismatic speaker who got across key points keeping the audience enveloped. A very strong public speaker"**

**Participants on the Thames Valley Police Women's Development Programme**