



## Taking a Mid-Life Gap Year – Beyond the Comfort Zone

Monday 28 September 2009, 6.30 pm for 7.00 pm  
at City Inn, Brindleyplace, Birmingham

Ever wondered what it would be like to throw caution to the wind and pursue that long held ambition to travel the World, throw yourself into charity work or set up your own business?

During a remarkable 12 month period Rita Sandford did all of the above. **In what promises to be an eye-opening and inspirational talk, Rita will share her experiences and tips for making the most of a “mid-life gap year”.**

Three years ago Rita Sandford, a gutsy, down-to-earth Irish woman, living in the UK, made a momentous decision to quit her secure and well paid job to travel the World and “find herself”. She called it her “mid-life gap year” and decided that there would be only one rule for her year out “*follow her intuition and only do what felt right.*” **Terms like “Should”, “Must” or “Have to” were not allowed on this trip.**

Rita’s gap-year had a profound effect on her. In a café in Beunos Aires, Rita made a promise to herself – she would set up her own business when she returned to the UK. Not sufficiently challenged, Rita also decided to set up a charity to support the work of the New Life Centre in Johannesburg.

Two years ago Rita set up Inside Out Learning and a charity (which aims to raise £100,000 for a shelter to house young girls at risk of falling into prostitution). Rita’s still on a learning curve, but is doing the work she loves and looking forward to sharing her experience with us.

Please do join us for what promises to be a very interesting evening. **Perhaps Rita will inspire you to take your own life changing “mid-life gap year”.**

I would like to book \_\_\_\_\_ place(s) for the Taking a mid-life gap year event on **28 September 2009** and enclose my cheque made payable to “**Women in Business Association**”. The event costs £18 for members and £26 for guests. Please note refunds are not paid on cancellations made less than 8 days before the event, and any member who books but doesn’t turn up will be charged for this event

Name: \_\_\_\_\_ Guest(s): \_\_\_\_\_

Company: \_\_\_\_\_ Company: \_\_\_\_\_

Email: \_\_\_\_\_ Tel No: \_\_\_\_\_

Please return this slip together with your cheque/BACS payment by **21 September 2009** to Teresa Ahern, Administrator, Women in Business Association, 33 Brandon Road, Hall Green, Birmingham, West Midlands, B28 8DX Tel: 0121 243 9362 Fax: 07092 843729 E-mail: [teresaahern@blueyonder.co.uk](mailto:teresaahern@blueyonder.co.uk)

**Website: [www.wiba.co.uk](http://www.wiba.co.uk)**