



**business  
netwalkers**

Effective networking - it's a stroll in the park!

**Interested?**

find out more at

[www.businessnetwalkers.com](http://www.businessnetwalkers.com) or call 01244 681122

## Who are we?

The Business NetWalkers, founded by Gail Biddulph, a business consultant and business psychologist who discovered the power walking has on mood & mind. The feedback, and results seen in business success over many years are phenomenal.

## What do we do?

The Business NetWalkers improve your wealth & well being whilst growing your network.

## How do we do it?

The Business NetWalkers do this in five ways: Through practical solutions for enhanced mental performance, improved well being, collaboration, business growth and a network growing with like-minded people.

## Call to find out more about our:

### City Walks

Purposefully bite-sized to stretch your legs and connect with amazing people during lunch time, before or after work.

### Rural Walks

Close to town and connected to nature.

### Countryside Walks

For a digital detox and immersion in stunning scenery of hills or beaches.

### Private Walks

For one to one executive or business coaching and mindset mastery.

### Corporate Walks

For team training or enhancing employee engagement.