

# Workshop & Webinar Schedule 2019

  
**ICE  
BENEVOLENT  
FUND**

## Workshops

### Assertiveness & Confidence

London	4th Feb
Nottingham	8th May
Glasgow	3rd July
London	21st Oct

### Starting your own Business

London	21st Jan
Manchester	29th April
Reading	16th Sept
London	25th Nov

### Time Management

Reading	17th April
London	4th Nov

### Planning for a Richer Retirement

Bristol	6th March
Luton	3rd April
London	24th June
Belfast	20th Sept

### Effective Communication

London	11th March
Birmingham	10th June
London	11th Nov

Liverpool	25th Sept
London	2nd Dec

### Personal Resilience

London	25th Feb
Cardiff	3rd June
London	14th Oct

For the latest schedule and to book, go to [www.icebenfund.com](http://www.icebenfund.com)

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## Webinars

Switch on to Avoiding Fraud

3rd July / 13th Nov

Switch on to your Ben Fund

13th Feb

Switch on to Company Benefits

24th April / 4th Dec

Switch on to Home Buying

30th April / 4th Sept

Switch on to Managing Anxiety

27th Feb / 13th Sept

Switch on to Mindfulness

5th June / 23rd Oct

Switch on to your Nutrition

23rd Jan / 17th July

Switch on to Pensions

13th March / 22nd Nov

Switch on to Savvy Spending

6th Feb / 9th Oct

Switch on to Sleep

27th March / 25th Sept

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