

Use London for your company's big meetings

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Use London for your company's big meetings

By David Wilson

There are lots of reasons why you should use London for your company's big meetings, and here are three of the most obvious:

1. London is one of the world's most vibrant and exciting cities
2. London is well served by international and local travel links
3. London has a plethora of world-class venues; from basic rooms in big hotels to large custom-built, state-of-the-art conference centres.

London is considered a world leader for business; as a result the facilities that the city has to offer are tailored to the discerning business traveller. So, if you opt to use London for your company's big meetings you won't be far from anything that you would need, either professionally or for leisure.

There are almost 94,000 hotel rooms in London and over 6,000 eating establishments, so finding somewhere to stay or have dinner is never a problem! With accommodation to match every corporate budget and with many establishments offering an all-in rate including meeting rooms, London is an ideal venue for any company's big meetings!

There is no doubt that because of its fantastic transport links – two major international airports at Heathrow and Gatwick plus three smaller ones, major motorway and road links, a major Eurostar hub and extensive public transport – the capital is easy to get to from most parts of the world. And once in London the excellent integrated public transport system allows easy, cost-effective travel from hotel to venue and vice versa.

After business is concluded why not treat your company's employees to a taste of the superb London nightlife? With restaurants offering every type of cuisine and a superb theatre district in the capital's West End there's always somewhere to go and something fabulous to do! There are 150 theatres, 200 nightclubs and over 3,800 pubs in London. So, after the big meeting is concluded there are a multitude of leisure and entertainment options for you and your fellow employees.

Put your employees in the sort of bustling, energetic environment offered by England's capital are they

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are bound to be inspired before they even set foot in London for your company's big meeting; they'll be enthused and energised by the city itself.

London is fast-moving towards a 24 hour, seven days a week culture so regardless of the time of arrival of your delegates or the time of your big meeting then there are facilities to cater for them. Certain hotels offer early riser breakfasts from 4 a.m. in the morning, or alternatively later riser breakfasts until 12 noon. With so much going for the capital you should really consider using London for your company's big meetings.

Article by David Wilson

<http://www.venue team.co.uk>

7 Ways to Create your Work Life

By Cecile Peterkin

1. Keep work in perspective – leave work on time.
2. Change a routine task – develop a new process. Instead of handling your e-mails as you get them, set aside specific times during the day to respond.
3. Set boundaries – you don't have to attend every meetings you are invited to or sign up for every project. Choose the meetings you can add value to or benefit from.
4. Manage your stress – identify what causes you stress and how it affects you.
5. Take time out – close your door (if you have one), call forward your phone, turn off your e-mail, take a walk. Use this time "during your work day" to prepare for a big meeting, a presentation or work on a project.
6. Delegate – are you spending too much time on the administrative process of your job and not utilizing your skills to benefit your long-term goals and your company's goals?
7. Work/Play Balance – what did you enjoy doing during the summer that you want to continue (going to the movies, playing tennis, volunteering, spending time with your kids, seeing friends, etc.)? Put it on your schedule.

Cecile Peterkin is the President of Cosmic Coaching Centre and publishes "Recipe for Success", a Free monthly ezine. She is a certified Career Coach, Retirement Coach and Speaker. Cecile work with Middle Managers, providing Career, Leadership Coaching and Life Coach. She also works with Baby Boomers who want to plan a successful retirement.

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