

# ***'The Inside Edge'***

## **MONTHLY BREAKFAST DIALOGUE MEETINGS**

### **Tunbridge Wells, Kent. UK**

**PROVIDES YOU WITH PROVEN IDEAS TO  
IMPROVE YOUR BUSINESS AND YOUR LIFE**

- **No Membership**
- **No Fixed School of Thought Except 'Dialogue'**
- **No Sales of Product or Sales Pitches of Any Kind**

***Informal Breakfast Meetings  
That Will Provide You With a Unique Combination of  
Breakthrough Ideas***

### **Do You Know Where You Want to Be in Five Years Time?**

Are you doing what is necessary to take you where you want to go within in the next five years? What your future holds for you depends upon the decisions you are making today. You can be assured that fulfilment, peace of mind and success will not come and attack you, neither will you stumble across it by accident. What your future holds for you depends upon what you are planning now, what you are thinking now, what we call the **'Inside Edge'**.

### **What is The Inside Edge?**

The quality of your life is not determined by your environment, or by the people around you. However the quality of your life **is** entirely dependent upon how you use your own mind, in other words, what is going on **'Inside'**.

Your choice of thought, your decisions, your actions and your interpretation of what happens to you are the keys to a more fulfilled life, and can give you the **'Inside Edge'**.

Life is exactly how we perceive it to be. Everything that happens to you is filtered through your thoughts and your thinking. Your thinking is the key to perceiving all situations in ways that serve and empower your life. So if you want to make improvements in your life, you should start with where it really matters, the **'Inside of You'**.

Unfortunately, most of us never received these types of **'Life Skills'**. These meetings will present you with people from many fields, all with one purpose in mind, to put forward proven transformational, breakthrough ideas that can make a difference to your life.

These meetings have run twice before in the last twenty years. The last time we held a Dialogue Group together was from 2001 through to 2005 for a core of 15 individuals with another 20 people who passed through. The success of this group was staggering with many individuals benefiting both professionally and personally in multiple ways.

When I have enough names for the next group to commence, we shall begin the third Inside Edge Dialogue Meetings. About 20 committed people are needed for this who can regularly attend Breakfast meetings in the Tunbridge Wells area in Kent one morning every month.

## Why Is Having The Inside Edge Important?

**Are you really still unfolding towards your Potential Self or have you stopped growing?**

**Are you experiencing challenges with your relationships?**

**Do you experience similar problems month after month, year after year?**

**Do you not have the peace of mind that you would expect to have or would like to have?**

Many people do not realise that if you spend a large proportion of your time caught up in challenges and stress, that eventually, it can have grave consequences on your whole way of thinking. Life can take its toll on our lives.

The problem is, that whatever we continually think about, we tend to create more of. This is nothing new; all wise and learned individuals have stated it throughout the centuries. *“We move in the direction of the things we dwell upon”*. And *“We tend to become what we think about all day long”*.

Therefore, our lives and/or businesses are never really good or bad out there, our lives are either good or bad right behind our eyes, and right between our ears. It is never, never what happens to us in life that is important, but always how we respond to it. Responding appropriately and effectively in ways that add to ones life, not subtracting is having the **‘Inside Edge’**.

## The Empowerment of a Supportive Group

The importance of a wise supportive group cannot be overemphasised. Most of the famous names in history had around them a support group that gave them encouragement, empowerment, words of wisdom, and the truth. Andrew Carnegie had his ‘Master Mind Alliance’ and Walt Disney had his ‘Creative Dream Team’. The founder of ‘Inside Edge’ has run two successful groups before and is opening up the invitation to anyone interested in being involved in a third group.

## Have You Reached Your Full Potential?

If there is one statement we have found to be true of every one of us, it must be this - ***we haven't reached our full potential***. Isn't this true of you also? It is not enough to have great qualities; one must make use of them. Because you are reading this web page, you probably - like me - care that humanity starts tapping its real potential and eliminates its tendency for self-delusion, denial and self-sabotage.

Almost everyone you meet is living far below his or her potential. (That probably includes you!) As a human being alive today, we are constantly in the firing line of change, challenge and adversity.

Like it or not, to enable us to thrive in today's turbulent times, we need a higher form of wisdom than is readily available. We need proven information, tools and ideas that have always been available but usually can't get through because of the current ‘traffic jam on the mind’. Let's admit it, we all need help to thrive in today's world.

## **The Purpose of Inside Edge**

***A non membership, non profit making, non political and non religious group where open-minded individuals come together through 'dialogue' to expand and explore their potential and find support for themselves and their vision.***

## **Inside Edge is about Continuous Growth and Unfolding.....**

Each month attendees enjoy breakfast and then through an informal dialogue led by Stuart Goodship learn from a wide range of topics including:

- **Personal Development, Achieving Potential**
- **Improving Relationships, Communication**
- **Stress Management, Self-Management**
- **Problem Solving, Creativity**
- **Life Balancing, Energy, Focus, Values and Purpose**
- **Overcoming Destructive Thought Viruses**
- **Self-Worth, Self-Esteem, Self-Belief, Self-Confidence and Self-Motivation**
- **Fulfilment, Peace of Mind**
- **Prosperity and Wealth Management**
- **Uncovering The Quintessential Self (Potential Self)**

## **The Most Frequently Asked Questions:**

### **Who Should Attend?**

Inside Edge's Breakfast Meetings are open to anyone who wants to increase the quality of their lives. An open mind and curious explorative attitude is all that is required. The most important requirement is just the ability and the motivation to want to attend monthly. The last Inside Edge meetings attracted business people, entrepreneurs, and artists from a varied selection of fields. The rich variety of members added immensely to the last group's success.

### **What Is Dialogue?**

Dialogue is a very creative and empowering way for holding meetings. Stuart has been using the 'Dialogue Way' for Coaching and for Workshops for two decades now within organisations. He draws on many of the ideas from Professor David Bohm. Stuart presents the main idea in the first 30 minutes and then it is thrown open for Group Dialogue for the remainder of the meeting. The principles of Dialogue are covered at the meetings, which members have discovered to be extremely useful in applying Dialogue into other 'life' areas.

*“The word discussion is really the same as percussion and concussion as to break things up, or to analyse things. The general feeling you get is like a ping-pong game where you pass the ball back and forth to try to win for the sake of your own point of view to prevail. Now in dialogue it is a quite different sort of feeling, where we are not trying to win. If anybody wins, everybody wins. If there’s some clarity gained everybody gains.”*

*“The word dialogue comes from the Greek; dia plus logos. Logos means ‘the word’, and dia means ‘through.’ Logos really refers to the meaning of the word here in this discussion. The meaning is flowing through; it is not just an exchange, one person trying to influence another to get his ideas across. Rather, each person suspends judgement and simply listens to what is being said, whether it appeals to him or not. This will make possible a flow of meaning in the whole group, out of which will emerge some new understanding. It is something new, which may not have been in the starting point at all. It’s something creative.”*

David Bohm

## **How Long Is Each Meeting?**

We convene at the hotel at 7.30am and we are usually having breakfast by 8.00am. The ‘dialogue’ part of the meeting starts around 8.30 finishing just before 10.00. We are clear of the room by 10.00 however; most of the founding members remain at the hotel lounge until 10.30/11.00am for further informal dialogues.

## **Can I Introduce New Guests?**

Yes, guests are always welcome and they may join the core regular group if they wish or attend randomly. Each dialogue is always introduced as a stand-alone unit therefore always allowing new members to join at any time throughout the life of the group. The group can grow up to a maximum of around 40 to 45 individuals before it becomes unmanageable as a dialogue group. So far, no group has become too big, as there is usually a small natural attrition occurring.

## **What Will It Cost?**

All we ask is that you pay for the cost of your breakfast and make a contribution towards the cost of the hotel breakfast/meeting room. The figure for room and breakfast is approximately £25.00 but exact figures will depend upon the total number in the group.

## **Where Is Each Meeting Held?**

The Spa Hotel,  
Mount Ephraim,  
Tunbridge Wells,  
Kent  
TN4 8XJ

## **What Do I Do Now if I Want to Attend?**

When we have at least 20 people committed to attend, we will begin meeting at 7.30am on the 3<sup>rd</sup> Wednesday of every month. To confirm attendance for a future breakfast please email your name to [stuart@thoughtviruses.com](mailto:stuart@thoughtviruses.com) writing ‘inside edge’ in the subject line.

***“Just One Breakthrough Insight Can Change Your Life”***