

BIGGA

Kent Section Turf Seminars

Wednesday 4th March 2020 1.30pm

Hadlow College
Animal Management Unit Lecture Theatre
Ashes Lane
Hadlow
TN11 0AN

Please follow directions for Hadlow Farm Shop,
please note this venue is NOT near the main
campus.

Cost: Free



13.30. Arrival and refreshments

13.50. 'A Fresh Start'

Nicola Chaplin, Assistant Greenkeeper, Princes Golf Club, Kent

Nicola began her working life with the Metropolitan Police Service at the age of 20. She spent 22 years with the organisation in a variety of roles and left in 2012 to own and run a successful Bed and Breakfast in Deal.

After selling the B&B in 2017 and trying a few other local jobs her and her husband Mark decided to spend a summer in St. Andrews working as seasonal greenkeepers. This has led to her love of the greenkeeping and her current full time position at Princes which she has held for a year.

14.40. Dave Cottrell – Coach for physical and mental health

Dave Cottrell is a mindset coach who describes what he does as “personal training for mental health”. He works with a full range of individuals and groups from primary school classes to businesses delivering talks on how to better understand our minds and our behaviours. Dave is someone who has both professional and personal experience with mental health and behaviour change and is happy to openly discuss his own struggles with type 2 bipolar disorder in an effort to help normalise the conversation around mental health issues.

In this talk he will be discussing the concept of “it’s ok not to be ok” including why this phrase is an essential starting point for many mental health journeys and where to go from there. He will be providing some key insight into the build up of stress and how this can lead into greater mental health issues. The talk will also include several coping strategies for stress, anxiety and depression.

In addition to the presentation Dave will be happy to provide Q&A on the day and all present will be eligible to a free (100% confidential) one to one session as part of an initiative called A Life A Day. So if you are left with any questions not answered by the talk itself you can get them answered via either of these methods.

To book your place, email your name and golf club to the Kent Section

E: anthony.stockwell@hadlow.ac.uk | **W:** www.bigga.org.uk

