

# January 2006 Newsletter

**While New Years resolutions are still at the front of everyone's minds, we at Preseli Venture have come up with some suggestions to help you make 2006 even better than 2005.**

1. If, like us, Christmas has left you feeling a little better "insulated" than you like and the endless rounds of parties have left you slightly jaded, you might be wondering how to reduce the excesses next Christmas. For many of us, the office Christmas party spells the beginning of the end to all our resolutions to begin the Christmas holiday in a fit, healthy and rested frame of mind. So why not look for an alternative? Preseli Venture offers a great Alternative Christmas Party (<http://www.preseliventure-corporate.com/documents/PreseliVentureAlternativeChristmasParties.pdf>) These are usually held after Christmas and provide a fantastic way to brighten up the dull, dingy months between New Year and Easter.

With a blend of celebration and activities, you can gain a real sense of achievement and return to work invigorated. Better still, it provides a far better way to begin building or strengthening business relationships than the traditional Christmas shindig. So why not give us a call?

2. If you have started on a series of New Years resolutions, why not plan a reward? If health and fitness are part of your personal goal, why not share this with your team? Try turning one of your regular team meetings or conferences into an invigorating activity conference ([http://www.preseliventure-corporate.com/programmes\\_ac.html](http://www.preseliventure-corporate.com/programmes_ac.html)), set in the stunning scenery of the Pembrokeshire Coast National Park.

3. With Mental Health Action Week coming up, why not help freshen up your team with some activities to celebrate the benefits of a healthy mind? We have our own plans for this special week and we'll bring you details in our regular monthly newsletter later this month.

Let us help you make 2006 your best year yet. Contact us now on **01348 837709** or email [info@preseliventure.com](mailto:info@preseliventure.com).

Kind Regards,

**Preseli Venture**

