



Be confident to work in any international environment

## The Pilgrims Course

# The Pilgrims Course

Communicate freely, be effective  
and release your potential



## Your Pilgrims Course is designed to:

- Give you more English
- Give you more confidence
- Give you more skills for business and life
- Give you more courage to communicate
- Help you speak more easily
- Help you listen more effectively
- Help you communicate more confidently
- Help you get results for you and your company



## Your Pilgrims Course focuses on:

- Transforming your doubts into certainty
- Transforming your confusion into clarity
- Transforming your fear into confidence
- Transforming self-criticism into self-respect
- Transforming “I’m not good enough” into “I am good enough!”



*“Much more than a business English course. Be confident with the English you already know. Such a salad of English, management and communication skills.”  
Sergio, Business Director and Entrepreneur, Spain*

*“A perfect school for relaxing about your English and enjoying using it.”  
Laura – Educational Consultant - Italy*

*“In only 1 week in Pilgrims I achieved something I have never been able to achieve in 10 years of courses before; being confident!”  
Eric – Director of an energy company - France*

*“In the beginning “I am sorry for my English”  
“At the end “Thank you for my English”  
Oleg – Company owner - Russia*



## The Pilgrims Course is for people who:

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- Want to be confident to communicate in meetings, negotiations, presentations and on the phone
- Want to be relaxed and effective in international social and business situations
- Need to manage international teams and professional situations
- Are leaders and experts in their field who need to communicate their knowledge clearly in English



## The Pilgrims Course is for organisations:

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- Who need powerful people who can influence confidently and with ease
- Who need people who communicate in English to make change happen
- Who need English as the first or second language in their organisation
- Who need internationally confident and competent managers and leaders

*"Probably it is the best of the best because they are not afraid to experiment and are always creating new methods of training."  
Anton – Steel Production Company Owner - Russia*

*"You can achieve whatever you want with this school."  
Sergio, Business Director and Entrepreneur, Spain*

*If you are looking for more than an English course..... this is THE BEST CHOICE!. While you are improving your English you will be learning about who you are! Don't doubt..... This is your course.  
Carmen – Orthodontist and doctor – Spain*

## At Pilgrims we create results through:

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- Challenging you and ourselves to leave behind what is predictable and move into what is possible
- Inspiring you to be the best you can be
- Taking risks in a safe environment
- Creativity and innovation to get you your results
- Personal coaching and informative training
- Creating communities of inspired people
- Flexibility to “tailor make” your course within an “Orchestrated Group”



## The Pilgrims Learning Environment:

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- Course participants are divided into seminar groups each led by 3 trainers. Each seminar group comprises of fewer than 8 learners to allow flexibility in the trainer/learner ratio: whereas a few sessions involve all seminar participants together, most sessions are in smaller groups of 2 to 4 learners, as well as one to one coaching sessions to enhance individual progress.
- The course is a weekly programme of 5 days, full time from Monday morning to Friday afternoon. The day starts at 8.15 am and the last session ends at 5.30 pm in the afternoon. This is followed by evening activities designed to be both entertaining and language performance enhancing.

*“This training was a new experience for me. A new way to learn and improve English skills. Very friendly and efficient.”*  
Mustapha – Airport Security Manager - France

*“I got more than I expected”*  
Marina – Manager in a medical company - Finland



# Your Pilgrims Course gives you confidence and more self-expression by:

- “Unblocking” your speaking English
- Making your English simple and clear for you and others
- Coaching you to relax your self-criticism
- Knowing how to speak powerfully
- Showing you how to be more accurate when you speak
- Changing learning English from “difficult” to “simple and enjoyable”
- Improving your understanding when you listen



Learning how to be in control of situations

Giving yourself permission to really enjoy speaking English

*“Pilgrims offers an excellent course. It gives you the possibility to train your communication ability and to train your public use of English”*

*Hubert – Project Manager - Germany*

*“The school surprised me because it wasn't like a school. I learnt a lot of English and that it is easy to use it”*

*Torsten – Manager –Germany*





## Possible achievements and return on investment for you and your organisation:

- Being confident with your English when you need to speak and listen – so that you create a positive personal and professional image
- Being clear on your strategies in English for future negotiations, meetings and influencing situations – so that you represent your company very well
- Being calm, focused, relaxed and effective when speaking in work situations in English – so that your customers, suppliers and colleagues listen to and act on what you say
- Being aware of your motivation and your personal strategies – having the confidence to switch to English immediately when you need to
- Having the knowledge, words and grammar that you need to communicate freely at work – so that you add value to your company with your command of English
- Having effective awareness, understanding in cross-cultural sensitivity and interpersonal communication – so that you attract people to you for the benefit of your business and your goals
- Being more powerful so that you can do your job better!

*It was a big pleasure for me to meet such interesting people and spend time with them. I will remember my 2 weeks... for ever... You, MY PILGRIMS FRIENDS, have changed... me. Thank you for this GIFT.  
Joanna – Accounts Manager - Poland*

*I am happy with this experience: It is useful to win against fear!!!  
Silvia – Director - Italy*

*I would recommend taking a course because:  
It improves your English  
It broadens your horizons  
It makes you “get to the bottom” of things  
It is fun  
Anke – IT consultant Airline Industry - Germany*



# The Pilgrims Course

## Your Day

Your course is designed to maximize your time and learning.

The course FLOWS with your personal and business objectives that we negotiate with you on the first day of your course.

Your Pilgrims Course changes, grows and transforms as you change and grow through your course

Everything we do is designed around your future situations and the communication and English strategies you need.

**Here is a possible week. It demonstrates a few of the many possibilities for your communication and English success.**

## Duration

Your Pilgrims Course grows as you grow which means that you can participate for as long as you wish.

Whether you stay for 1 week, 2 weeks or more, the course is designed for your needs at that time.

## Monday

08.15	Arrival and welcome
09.00	Deconstructing Assumptions - Constructing Relationships
10.30	Refreshment Break
11.00	Foundations of effective communication task
12.30	Lunch with communication task
14.00	The secrets of feeling confident with your speaking
15.30	Refreshment Break
16.00	Listening for meaning vs. having to understand every word
17.30	Sightseeing then dinner with host families
	An English pub experience

## Tuesday

Business Breakfast with Pilgrims staff
How to relax and create easy conversations
Refreshment Break
Creating your future - the power of setting SMART goals
Lunch with communication task
Focused activities on your goals
Refreshment Break
Coaching and feedback - further goal setting
Team building exercise
Dinner with host families







Wednesday
Breakfast with host family
Listening skills nobody else teaches you
Refreshment Break
Spontaneous speaking and presentation
Lunch with communication task
Be the speaker you want to be! Your business presentations
Refreshment Break
Language memory and recall techniques
Guest business speaker
Dinner with host families

Thursday
Business Breakfast with Pilgrims staff
Strategies for responding effectively to questions after presentations
Refreshment Break
Strategies for managing yourself when you don't understand content of communication
Lunch with communication task
The Power of Questions - Activities and techniques
Coaching and feedback - further goal setting
Dinner with Pilgrims staff

Friday
Breakfast with host family
Be powerful expressing your point of view - winning debates and arguments!
Refreshment Break
Personalised objectives - getting the specific English that you want
Picnic lunch with the Pilgrims team
Vocabulary - how to say what you want to say when you don't know the word - activities and practice
Coaching, feedback and goal setting for the future
Dinner and evening with host family



# Why is Pilgrims in Canterbury?

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Your Pilgrims course uses many different resources for your learning. You meet many different people in many different situations in the community of Canterbury.

Canterbury is friendly and welcomes visitors with “open arms”.

Canterbury is a safe place and provides real life challenges, opportunities and practice for you to get the English you want and need.

You communicate all day long with your coaches, staff and members of the community.

*“As a result of the social program at lunch times and in the evenings I feel that I am now more confident in approaching people to establish conversations. This week my cross cultural experiences have helped me to appreciate the international nature of English. I have never experienced such a way of learning but this way showed me that learning English can be great!”*  
Magdalena, Accounts Manager, Germany



## Accommodation

Is staying with a Pilgrims Host Family better than staying in a hotel?

We think so – because all our families are part of our team.

- You experience more of real life and real English culture
- You speak more than you would staying alone
- You feel part of the community of Pilgrims and Canterbury

### Standard Host Family includes:

Homestay with an English host family.

- Bed, breakfast and evening meals plus lunch at the weekends.

### Executive Host Family includes:

- Bed, Breakfast and evening meals plus lunch at the weekends.
- Private bathroom.
- Daily Car Service to and from host family

Hotel accommodation is available if you prefer.

### The Abode Hotel

Tel: + 44 (0)1227 766266

[www.abodehotels.co.uk](http://www.abodehotels.co.uk)

### The Cathedral Lodge Hotel

Tel: +44 (0)1227 865350

[www.canterburycathedrallodge.org](http://www.canterburycathedrallodge.org)

Please quote Pilgrims when making a reservation.

## Travel

### Travelling by taxi

The following discounted rates have been negotiated with SEBT – South East Business Travel.

Heathrow / Stansted Return £255

Gatwick Airport Return £205

Eurostar - Ashford International Return £115

Eurostar - Ebbsfleet International Return £160

When you contact SEBT give your name, time of arrival, flight number, departure airport, arrival airport and terminal and your accommodation address.

Remember to:

- Book your return journey.
- Bring enough English money to pay the driver.
- Say you are a 'Pilgrims client'.

South East Business Travel

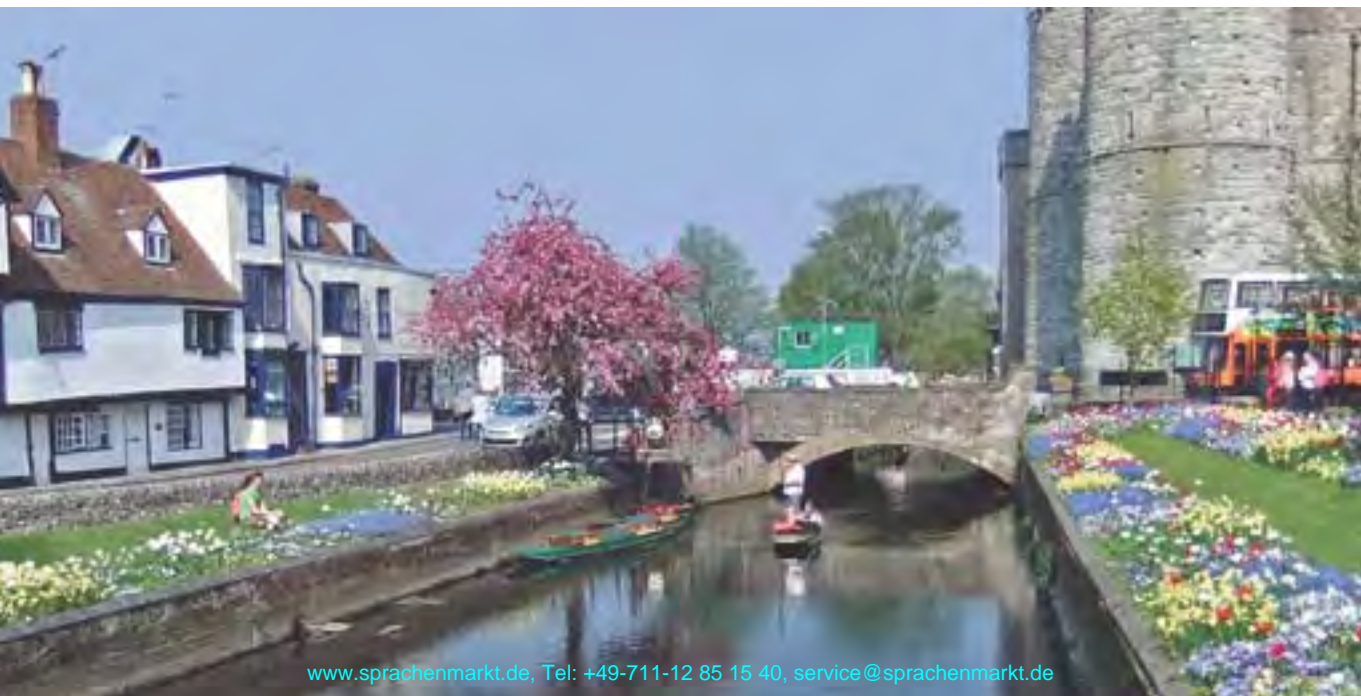
**Tel: +44 (0)1634 812333 |**

**Mob: +44 (0)7973812333**

**Email: [info@sebtltd.com](mailto:info@sebtltd.com)**

*"Staying with a host family was good because it gave additional lessons to the Pilgrims Course. Having nice conversations during breakfast and dinner and the time after school was helpful to improve my language. A special event was a trip on Sunday with the host family and their friends."*

*Frank – Managing Director – Germany*



## Pilgrims also offers courses for:

- Children & Teenagers 8-17
- Young Adults 18+
- Teachers & Teacher Trainers

## Pilgrims Client List Includes:

AG2R LA MONDIALE	DELL	L'OREAL	RIA NOVOSTI
ALCATEL LUCENT	DUCATI	LUFTHANSA SYSTEMS	ROCHE
AMWAY	ECOLAB	MAN GROUP	RWE
AREVA	EDF	MAXMARA FASHION	SONATEL
ATOS ORIGIN	ERNST AND YOUNG	MITSUBISHI ELECTRIC	THALES
AXA	EXXON MOBIL	MVV ENERGIE	THOMSON REUTERS
BAYER CROP SCIENCE	FOREIGN & COMMONWEALTH OFFICE	NKT CABLES	THYSSENKRUPP
BEA - FRANCE	GENERAL ELECTRIC	NOMURA SECURITIES	TOHMATSU
BP	HENKEL	NORD DEUTSCHE LANDESBANK	UNILEVER
BRIDGESTONE	HITACHI	NYSE EURONEXT	VATTENFALL
CARTIER	IMV TECHNOLOGIES	ORACLE	VEOLIA
CISCO SYSTEMS	JAPAN TOBACCO	ORANGE	VW AUDI ESPANA
COCA COLA	KENDRION LINNIG	PIRELLI TYRES	WILD GMBH
CREDIT SUISSE			

