

BUILD THE FUTURE YOU WANT

FAMILY FUN DAY AND PERSONAL DEVELOPMENT EXPO WEEKEND 2026

A FREE WEEKEND OF
INSPIRATION, CONNECTION
& PERSONAL GROWTH
SAT/SUN 18/19 APRIL 2026



Across two inspiring days in Stanmore and Watford, enjoy practical talks, meaningful conversations and relaxed social time - speaking to the realities of life in the UK today.

BOOK YOUR TICKETS

Open to all with limited capacity. Join us for one or both days. Saturday is free, and Sunday is free with a refundable £5 + booking fee paid upfront to cover catering.



bit.ly/pdexpo2026

DAY 1: SAT 18TH APRIL 2026 /

FAMILY FUN DAY PICNIC

2pm - 7pm. Harrow RFC, Wood Lane, Stanmore HA7 4LF

Come with friends or family for a relaxed, picnic-style afternoon. Meet new people, reconnect, and enjoy easy conversation in a friendly atmosphere. Bring your own picnic or grab something from the bar and food trucks.

AFTER 7PM - EVENING SOCIAL

Keep the conversations going at a nearby bar or eatery (location TBC).



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DAY 2: SUN 19TH APRIL 2026 / PERSONAL DEVELOPMENT EXPO / INSPIRING TALKS. PRACTICAL BREAKOUTS. REAL-LIFE TAKEAWAYS.

10am - 4pm (Lunch included)

Croxley Green Business Park, Hatters Lane, Watford WD18 8YH

A focused day of inspiring keynote talks and interactive breakout sessions where you don't just listen - you leave with knowledge you can actually use. Start with big-picture ideas, then go deeper in smaller group discussions designed to deliver practical takeaways for your career, finances, wellbeing and personal life.

Each talk is like a takeaway box for real life. Open to all ages, you can come for one session or stay for the whole day - all for free. Leave with knowledge, confidence, and something that truly matters.

1. NETWORKING, CAREER & CV SUPPORT

Feeling stuck with your CV or career direction? Build meaningful connections with professionals offering guidance whether you're starting out, searching for a better work-life balance, or ready for a change.

2. DEMENTIA & ALZHEIMER'S AWARENESS

Listen to a family share their journey, the struggles they experienced, and how to spot early signs in someone you care about from a professional.

3. KEEPING YOUR BRAIN AND BODY STRONG AS YOU AGE

Francesca shares how to keep your mind active and healthy. Vee will be delivering expert advice, tailored to the Asian palate.

4. LIFE TOPICS WE SHOULDN'T AVOID

Practical, supportive talks covering relationships, marriage and divorce, as well as finances, inheritance tax, wills and living trusts, and guidance on where to live when raising a family or planning for retirement.

5. FAMILY MATTERS

Focused on raising the next generation in the UK, exploring heritage, identity and family life, alongside opportunities to meet and connect with other singles of all ages.



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ANY QUESTIONS?

Contact Shaylesh on 07880 788 865
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