



WORKSHOP OUTLINE

Aims and Objectives:

- To build self-awareness, confidence and trust as a Coach and Leader
- To challenge current paradigm thinking as a Coach and Leader
- To equip you with a simple yet powerful conversation framework you will use daily in work and life
- To build your capacity for future-focussed conversation which lead to new outcomes, results and performance
- To uncover new ways to connect and build relationships with others
- To move forward on at least three key goals in your own work/life
- To learn how to achieve greater success more quickly, more confidently and with solutions you had not seen before
- To provide personal opportunity for renewal and well being - and much more !

OPENING SESSION: 4.00pm to 9.00pm, supper included

Arrive at Venue and settle into your room. Meet your fellow participants in an informal and welcoming atmosphere. Engage in conversation to discover what each person brings to this learning journey, how your stories compare and what powerful questions uncover for the week ahead.

DAY TWO

Morning: Building an Agenda for Success; Getting Ready for Take-Off; Building Opportunity; Setting personal learning objectives; committing to success

Afternoon: Self-Awareness for Coaching; Listening Practice; Identifying and Respecting Values; The Power of Story; Link to Inspirational Coaching

Evening: The Rhythm of Inspirational Coaching: an evening of creativity, fun and personal learning. Getting out of the box and into your groove.

DAY THREE

Morning: The Coaching Puzzle; Key Skills for Inspirational Coaching; Self-Assessment of Skills; Introduction to GROoW Framework;

Afternoon: Coaching Practice; Learning Debrief and Key Learning Points; Acceptance Activity; Listening to Self

Evening: The Hero's Journey as an analogy for Inspirational Coaching.

DAY FOUR

Morning: The Coaching Spectrum; Leadership and Coaching; Coaching Practice; Learning Debrief and Review; Speed Coaching for Impact

Afternoon: Reflection
Afternoon: join an outdoor hike or take personal time to integrate your learning so far and nourish yourself in our inspiring environment

Evening: Envisaging your Inspired Future; building on Values; Living your Vision

DAY FIVE

Morning: Coaching Practice; Learning Debrief and Review: Self-Assessment of Progress; Personal Charter as Coach/Leader

Afternoon: Pulling it all together; Defining Inspirational Coaching: Seeing the Benefits; Key Learning and Take-Aways

Evening: An evening of inspirational, celebration and integration to close our week together.

DAY SIX

Participants depart after breakfast 10.00am onwards

Notes: Morning Sessions will run 9.00am to 12.30pm; Afternoon Session will run 2.00pm to 5.00pm. Evening Sessions will run 7.30pm to 9.30pm. All timings are approximate and will allow adequate time for meals and free time. There will be an optional early morning exercise session at 7.00am daily. Participants are required to attend for the full duration of the timetable



destination
COACH

THE SEQUEL WORKSHOP OUTLINE

Aims and Objectives:

- To review progress, share learning and identify success as Coach and Leader
- To deepen your practice and understanding of Inspirational Coaching Skills
- To develop capacities for effective use of Intuition, Intention and Trust
- To provide extended practice, feedback and detailed personal learning on key skills
- To envisage the possibilities for an Inspired Future for you, your team, your organisation or your community
- To progress your own pathway to success with new solutions, greater achievement and more powerful impact
- To provide personal opportunity for renewal and wellbeing.

OPENING SESSION: 4.00pm to 9.00pm, supper included

Arrive at Venue and settle into your room. Meet/Re-connect with your fellow participants in an informal and welcoming atmosphere. Share your learning stories and experiences. Discover what's been achieved since your original DC workshop

DAY TWO

Morning: Building an Agenda for Next Level Success; Identifying Learning from Experiences; Owning Challenges; Setting Learning Goals for this Week.

Afternoon: Coaching Practice; Setting Intention; Refining Coaching – the subtle powers; Learning Debrief and Review; Updating Personal Charter as Coach/Leader

Evening: The Power of Intuition; unlocking possibilities thinking; using all senses to build success

DAY THREE

Morning: Coaching Practice and Deeper Learning; The power of Language; Learning Debrief and Review

Afternoon: Trusting self; building trust in others; Reflection and personal time; Hike option

Evening: Coaching Practice – building an Inspired Future

DAY FOUR

Morning: Coaching Practice; Writing the New Story; Creating the Future; Being Courageous

Afternoon: Coaching Practice; Personal Commitments and Pathways; Collective Support

Evening: Closing Celebration and Inspiration for the Road Ahead.

DAY FIVE

Participants depart after breakfast 10.00am onwards

Notes:

Morning Sessions will run 9.00am to 12.30pm;

Afternoon Session will run 2.00pm to 5.00pm

Evening Sessions will run 7.30pm to 9.30pm.

All timings are approximate and will allow adequate time for meals and free time.

There will be an optional early morning exercise session at 7.00am daily.

Participants are required to attend for the full duration of the timetable.