



# “Being You” – a coaching programme for personal success

## Is this you?

- Too busy to plan your career and life?
- Not sure what to do or where to go next?
- Need to stand out from the crowd but don't know how?

In these uncertain economic and employment times when it can be scary to change jobs or direction or to question the status quo, it's more important than ever to have clarity on what it is you want, what's important to you and how to take control of your personal development and career progression. So, it makes sense to take some time out to find out more about “Being You”.

## What is it?

This unique programme, “Being You” uses a coaching approach to help you improve your personal success – at home and at work. It will help you build on your existing talents and skills and will give you the know-how, skills and confidence to see possibilities and recognise opportunities.

## What can I expect?

Comprising three separate modules, the programme gives you dedicated time for reflection. Time out of your busy schedule to step back and take stock of where you are and where you want to get to. You will leave the sessions understanding more about yourself, feeling invigorated and stimulated and having clarity on where you're going. It's all about *Being You*.

The programme has been designed to help you:

- Clarify personal goals for future development – for work and home life
- Develop self-confidence and personal effectiveness for the future
- Discover methods of maintaining progress and personal growth

## How does it work?

There are three modules, each facilitated by the same experienced coach who has worked with people from a variety of industries over the years. To maximise your time investment, each of the 3 modules – Stock-Take, Impact & Momentum – should be taken in the sequence shown below and attended in its entirety.

The <i>Being You</i> personal success programme		
Helping you make the best of being you		
Module 1: STOCK-TAKE	Module 2: IMPACT	Module 3: MOMENTUM
The story so far...	Being the best...	Keeping it going...
Life at work in the 21 <sup>st</sup> Century	Your talents, skills and resources	Brand YOU
Skills for career success	Impact, presence & influence	Maintaining a positive focus
Taking a stock-take	Understanding your communication style	Recognising your triggers
Recognising your values	Raising your profile	Keeping the momentum going
Key learning points & actions	Key learning points & actions	Key learning points & actions

Every delegate is also offered an optional 30 minute Skype coaching session with the coach at the end of the programme to give you the opportunity to personalise and reinforce the learning. Both the programme and the coaching session are totally confidential.

*We look forward to working with you.*