

OUTLINE OF WHO DO YOU THINK YOU ARE?

Session 1: An introduction to the programme

In this session Rob explains what is involved in the process and shows you the coaching pack. You discuss what you hope to achieve from the programme and any concerns you have. There is an opportunity for you to talk about your current situation and your career to date.

Session 2: The Achievement Exploration

During this informal 'interview', you tell your achievement stories, while Rob listens for recurring themes and ask questions that facilitate you in the process.

Personal work: You jot down any themes or patterns that you noticed during this interview. You record these on the 'What Strikes Me' sheet. then you note the positive and negative aspects of your current role or context, ready for discussion and further development in Session 3.

Session 3: Recording Motivational Key Themes

Rob will work with you to create a 'map' of your current motivated abilities. Using this co-created picture you develop and refine some clear, simple statements that communicate what your core motivations are. You then explore where your motivation can get stuck or begin to burn out. (this process of tracking is often recorded graphically).

Personal work: You complete exercises that are chosen specifically to suit your situation and needs.

Session 4: Looking at now and planning for the future.

Firstly, you spend some time discussing your personal work and issues involved.

Secondly, it is the final stage of the programme and so you may move onto future planning and next steps.

You consider what you are doing now, your role or current activity, and see where it matches or mismatches your motivational abilities. You explore the choices and options open to you and 'unravel' the way forward. Together you create a personal development plan that includes short-term and long-term objectives. Looking towards the future and your next steps, the coaching programme draws to a close.

Personal work: You begin to put your plan into action and complete the programme review form. We decide when a suitable follow-up phone call or short meeting can be arranged within the next 3 months.

NoClouds Information Sheet

Session 5: Follow up/Review Meeting.

A short meeting, or phone call, to see how things are progressing, to review the programme and to see if ongoing tailored coaching is desirable.

TIME & MONEY

Because this is a process tailored to you as an individual it is not possible to say exactly how much time you will spend on it, as you can spend as much time as you choose on your personal preparation and the length of the coaching sessions are agreed between us. However, from experience, the face-to-face sessions are typically between 1-2 hours and the personal preparation between 12-20 hours.

Option One – 5 sessions - £580

The normal cost of doing the Who Do You Think You Are? programme is £580, including a workbook and all additional materials.

Option Two – 3 sessions - £380

It is possible to do the programme over 3 sessions without a final detailed report and doing an in-depth analysis of the options for the future. The cost of this option is £380.

LOCATION

Coaching will normally take place in Southampton. If you wish it to be nearer to you then additional costs for travel, expenses and possibly accommodation will need to be factored in. A total package cost, including agreed expenses, can be agreed prior to starting if so desired.

SPONSORSHIP or PART-FUNDING

If after reading this, you think that you could benefit from this type of coaching but the cost is a hurdle for you, get in touch anyway as there may be routes that we can advise where sponsorship or part-funding may be available.

DISTANCE COACHING

If you live some distance away in another part of the UK, or even another country, but think that this type of coaching would be of benefit to you, it may still be possible by means of condensing the sessions into one visit or by using a combination of video conferencing, email and/or telephone methods.

Get in touch with Rob for more information or to make arrangements to begin the Who Do You Think You Are? Programme. Visit www.noclouds.co.uk and use the CONTACT page. Email him on rob@noclouds.co.uk or telephone him on 02380 771740 or 07525 656297