

Coaching Intensive Vision Day Programme

A Coaching Intensive Vision Day Programme is designed to help you formulate the vision for the next stage of your life / career / business and it is very helpful when you sense you or the business have got a bit stuck or if you want to embark on something new.

I have done Vision Days with people who are starting in new roles, who want to get greater satisfaction from their current role, who are looking to change but are not yet sure what to do, who are setting up their own thing, who are planning the next chapter.

This is an opportunity to stop and think. It's all too easy to become so busy, that we forget to think about what we need for ourselves and to wind up at the end of our careers reflecting – 'Oh, so was that it?'

In a very practical sense, this programme is ideal for someone whose diary is very busy with international travel.

The Vision Day can be a standalone programme or incorporated into a 6 month coaching programme.

The session runs from 10am to 4pm at All Saints Court in Canterbury. Having a whole day away from the office to explore your future vision gives you space to think and an opportunity to consider your life and career more strategically and creatively. The morning is spent on a series of structured exercises designed to get you thinking differently and to stimulate your creativity. Part of the session is outside – often when clients get surprising insights – and the afternoon is focused entirely around action planning so you go away with a series of actions on which you can't wait to get started.

After a 48 hour check in to see how the Vision Day has landed, there is a follow up 1 hour coaching call 6 weeks later, to establish how you are doing with the action plan you set yourself. Usually people have made considerable progress by this point.

The programme starts with some pre-work, which I send you: a series of stimulus questions and a strengths assessment.

'It is akin to pressing an existential reset button and walking away with clear guidance about living a life that matters to you. I have already made massive changes in bringing my work life and personal character into greater harmony and have a new mission statement that helps me assess choices in the moment with the same degree of clarity we achieved during the session.'

J-M Ross, Business & Communications Strategist