



# The Who do you think you are? Coaching Programme

*Who do you think you are?* coaching is a programme to help individuals 'take stock' of their life and make sense of it. It's coaching designed to help you both to know what's important for you and to develop some practical ways of making changes in your life. It's very effective for people 'in transition' or unsure what's right for them. Through a series of face-to-face meetings over a short period you will be able to start to make some significant changes in your life that will help you move forwards.

Transition is about change and choices – this means uncertainty.

- How do you make choices in the complicated world of work or beyond?
- How can you know what you really want from your life?
- Can you know enough about yourself to avoid making choices you will later regret?
- Can you shape your life so that the choices you make will bring the satisfaction you seek?

It takes courage to make the choices that will lead to change. It is a lonely process that can be frightening – there is no map and you do not have a guide. It can also be hard work.

The *Who do you think you are?* process is a coaching programme that will support you on your journey of change. The programme uses the sima® process to help you identify your strengths and motivations.

It will help you to take a cool, clear look at yourself and discover what gives you pleasure and frustration. It will enable you to move forward in confidence and be better equipped to make choices that work for you.

The *Who do you think you are?* programme is concerned with who you are – as you are here and now.

It does not involve a psychological test or a questionnaire, nor does it pigeonhole you or impose definitions on you. We do not push a few buttons and give you a computer print out! We work with you and tailor the coaching to suit you and your situation.

The programme normally consists of a series of 4 sessions which, with the personal reflection between them, gives ample scope for real change to start.

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