

Immediate, in-depth insight for informed action...

Under pressure for results? No time for your own development? Need to get a fix on how you are progressing? Need some space? If this is your constant experience then the **simalive coaching programme is for you:**

- designed for people who lead busy and pressured lives.
- inspired by people who are used to getting answers quickly.
- created for people who need to get to the point of their own development fast.

It is the 'double espresso' of our programmes! Fast, focused, fun *and* highly effective.

This programme will provide you with the opportunity to:

- take time out to think about what is going on for you and create a strategic overview of your current context.
- review what you have been doing and work out what this tells you about what is important.
- gain a fresh perspective and succinct understanding of what really motivates you and how to harness and align those strengths in your life.
- make sense of your experience and translate that into the best options for you.
- look at the big decisions you need to make and provide you with a way to 'have a handle' on those decisions.

It is an assured process that will help you focus on what you are going to be doing for the next 4 to 5 years.

The programme consists of an introductory meeting (or phone call if that's logistically easier than meeting face to face), one *day* of close attention (either in our offices in Oxford or in a venue of your choice close to you) and a follow-up meeting at a later date.

The programme consists of the following *three* elements:

Session 1 Orientation

A short meeting first to explore your context – allowing you to articulate your concerns – and then to describe the process, clarify your objectives and set things up for the following, more intensive, phase.

Session 2 Exploration of your personal narrative and its implications for your future

A focused exploration (using your personal achievement stories) of your motivation and energy (3 hours).

A light lunch together followed by feedback about the significant motivational themes (2 hours), then a period of dialogue on what this says to you about your personal development (1 hour).

In the light of your discoveries we agree action plans to be reviewed in session 3.

We will produce a short document that summarises the outcomes of this meeting.

Session 3 Review of action plan

At a later date you spend some time reviewing the progress of your action plan and agreeing how best to continue your development. This session would typically be at least six weeks after session 2 and will last a couple of hours.