



Have you ever really taken the time to think about yourself and your future?

- Have you just been promoted or maybe facing a career change, either voluntary or through redeployment?
- About to, or are already going through redundancy, retirement, separation or divorce?
- Thinking about working for yourself but unsure if it will suit you, or what you can do?
- Feeling trapped, overworked, over-stressed, drowning in a mid-life career crisis - life is all work and no play?
- Struggling with the consequences of the credit-crunch – either as an organisation or individual?

If so, our new, innovative and now well proven two-day short course may well be of great benefit to you. It focuses on developing your own self-coaching skills to allow you to achieve more, both personally and professionally. Using our **RIDFEAR**[®] coaching model throughout we aim to develop skills that will stay with you for life and enable you to:

“Live the life you want – not someone else’s!”

Although designed around two workshop days, you only have to commit to the first day if you wish and can then join the second day on a later course, when you may have more time or have had a chance to reflect on the first day more.

Day 1	Realisation – begin to discover who you are and what is really fundamental to you
Nov 24th 2008	Ideal – start to determine what you really want
	Distractions - understand and change what is holding you back
Day 2	Focus – determine which area of your life you can and want to change
(Optional)	Ends – establish what results you want to achieve
Nov 25th 2008	Actions – plan how you are going to achieve them
	Reflect – take pride in your success, learn from it and reward yourself

Throughout, we use a combination of thought provoking exercises and activities, facilitated input and group discussion to really explore both personal and professional issues and also potential realistic solutions.

The workshops are fun, inspirational and informative. They are delivered with a non-confrontational, non-judgemental approach and give you the space and time to look at yourself and your situation, determine what you want from your life in the future, inspire you to get excited about tomorrow and then assist you in realistically achieving these through developing your own coaching skills. Not only will you discover more about yourself, the workshops will also help you understand other people around you more, be it friends, family or colleagues. They will also help you find the answers that are right for you, giving you the time and space to focus on yourself in a relaxed non-threatening environment.

We look forward to working with you and helping you, or your organisation, build a great new future.



November workshops venue: Cliffe House – Shepley – Huddersfield – HD8 8DB
Monday 24th & Tuesday 25th – 9.15am / 4.30pm – price £195 plus VAT per day
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