

Coach Yourself Through Change

Personal Leadership Coaching using RIDFEAR®



Joining Instructions

Cliffe House, 140 Lane Head Road, Shepley, Huddersfield HD8 8DB

Day 1 - Monday 24th November 2008

Coffee etc at 9.15 for a 9.30 prompt start please and we will be working in Room 3 upstairs. Access is available before that along with organised car parking. Although we may finish earlier please plan to finish at 5.00pm so that you don't miss the opportunity for discussion at the end.

A cooked lunch and refreshments will be provided – just bring pen, paper, 2 items (see below), an open mind and cheque book if we aren't invoicing your company!

Directions to the venue can be found at:

<http://www.kirklees.gov.uk/community/localorgs/azdetails.asp?OrgID=427>

For your pre-course homework we would be grateful if you could complete a self-analysis questionnaire and bring the results along with you together with any other relevant information/tests you might have done in the past. We suggest trying the Enneagram + Jung test at <http://similarminds.com/embj.html>

Also can you bring along 2 items:

- something that represents and describes you, and
- something that represents what you would like to deposit in "Room 101"

Don't worry about having to disclose things if you don't want to – we will respect that, but please have a go as they are an essential personal starting point and often are inspirational to others. – We are really looking forward to working with you on the day.

Day 2 - Tuesday 25th November 2008

Coffee etc at 9.15 for a 9.30 prompt start again please and we will be working in the Guest Room upstairs. Again please plan to finish at 5.00pm.

- Please make sure you bring along with you all the materials you completed when you undertook the first day's course.

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