

## **Professional Life Coaching Workshop**



### **Every Sunday 5-7pm**

Long Eaton Baptist Church, NG10 1GJ

This will be a safe space for people to come and make new friends, learn how to coach professionally, and also receive some coaching on real issues they are facing in life at the moment. In order for the session to be successful, all information, thoughts and feelings that are shared during the session must be kept confidential. If anyone is found to breach the rule of confidentiality, they will not be allowed to join any future sessions.

The emphasis on confidentiality will be reiterated at the beginning of the session.

The session outline is as follows:

17.15 - 17.25 - Welcome drinks- tea, coffee and biscuits (all drinks and biscuits are free of charge all night)

17.25- 17.40- Introduction to life coaching & providing you with coaching tools

17.40 - 18.10 - You will conduct professional life coaching with a partner

18.10 - 18.40 - You will conduct professional life coaching with your partner in opposite roles (coach is now client)

18.40 - 18.50 - Group sharing, final discussion

18.50- 19.15 - Drinks, biscuits and free time

Please do not worry if you do not know how to coach. You will be provided with a script and format to follow when you coach your partner. All you have to do is read from the script. When/ if you become more confident at any point, you are welcome to coach freestyle.

**What you will need to bring :**

- Hard back notebook , pen
- An open and curious mind
- An issue that you would like to be coached on, some examples are:

- I am not sure whether to break up with my partner
- I am struggling to manage stress from my exams
- I don't know whether to move home or not
- My child is misbehaving a lot and I need some coping mechanisms
- I am not sure what I want from life
- I think my spouse is cheating on me and not sure how to approach the issue
- I want to enjoy my life more but not sure what I need to do
- I feel lacking in motivation towards my job
- I want to improve my health
- I want to improve my finances
- I'm struggling with the loss of a family member
- I need to meet friends but not sure how

If you can't think of an issue to come to the session with, please do come along anyway and I will be able to help you identify an area that you can be coached on. I am a certified Life Coach through the ICF, with 8 years of experience of life coaching and executive coaching, as well as delivering training sessions on how to become a coach and the coaching methodology.

**Additional Information:**

- **Entry Fee: £10.00 cash or £10.50 by card**
- Under 16's are allowed free entry, however they are not allowed to participate in the coaching activities.
- **Free parking** at the venue, free public car parks and free road side parking, all within one minute walk from the venue. Bus station 2 minute walk from venue.
- **Free tea coffee and biscuits** throughout the session.

I am continually looking to improve the sessions so I welcome your feedback. Please feel free to email your feedback to the above address or place written feedback in the box provided at the venue.

## Personal Development Workshops



### Every Sunday 7-9 pm

Long Eaton Baptist Church, NG10 1GJ

The aim of this workshop is to provide you with tools and frameworks to help you overcome life's obstacles and challenges.

Every week there will be a different topic that we focus on. The schedule below shows an outline of what a session looks like for an Emotional Intelligence workshop.

- 19.00 - 19.15- Tea, coffee and biscuits (free all night)
- 19.15 - 19. 25 - Introduction to Emotional Intelligence
- 19.25 - 19.40 - Group work, brainstorming
- 19.40 - 20.00 - Take a self-assessment to see what your level of emotional intelligence is and areas you can improve on
- 20.00 - 20.15 - Group discussion about self-assessment results
- 20.15 - 20.30 Setting personal goals based on results
- 20.30- 20.40 - Final Group sharing and conclusion
- 20.40 -21.00 - Free time to continue conversations started during the session

There is a big emphasis on confidentiality during this session as some of the self-assessment results and other information shared may be personal and sensitive. Anyone who is found to breach the rule of confidentiality will not be allowed back to the sessions. The emphasis on confidentiality will be reiterated at the beginning of the session.

**What you will need to bring :**

- Hard back notebook , pen
- Digital device with internet connection (phone / tablet/ I pad)
- An open and curious mind

**Additional Information:**

- 
- **Pay at the door £10.00 cash or £10.50 by card**
  - Under 16's are allowed free entry however may not be able to participate in the activities.
- **Free parking** at the venue, free public car parks and free roadside parking, all within one minute walk from the venue
  - Bus stations 2 minute walk with buses to/from all local areas and city centres
- **Free tea coffee and biscuits** throughout the session

I have a 10 year background in teaching and behavioural skills training and have worked with clients and businesses globally.