

Coaching Intensive - Vision Day

This coaching intensive is designed to help you formulate the vision for the next stage of your life / career / business and it is very helpful when you sense you or the business have got a bit stuck or if you want to embark on something new.

It is for people who are starting in new roles, who want to get greater satisfaction from their current role, who are looking to change but are not yet sure what to do, who are setting up their own thing, who are planning the next chapter.

This is an opportunity to stop and think. It's all too easy to become so busy, that we forget to think about what we need for ourselves and to wind up at the end of our careers reflecting – 'Oh, so was that it?'

In a very practical sense, a vision day is ideal for someone whose diary is very busy with international travel. This coaching intensive can be standalone, or it can be incorporated into a longer coaching programme. For clients based overseas the format described below is adjusted to work over video conference.

It starts with some pre-work, which I send you: a series of stimulus questions and a strengths assessment.

This is followed by a day-long session at All Saints Court in Canterbury. Having a whole day away from the office to explore your future vision gives you space to think and an opportunity to consider your life and career more strategically and creatively. This session has a more pre-defined structure than most coaching sessions. The morning is spent on a series of exercises designed to get you thinking differently and to stimulate your creativity. Part of the session is outside – often when clients get surprising insights – and the afternoon is focused entirely around action planning, so you go away with actions that both address the issues and are compelling and energising for you.

After a 48 hour check in to see how the vision day has landed, there is a follow up 1 hour coaching call 4-6 weeks later, to establish how you are doing with the action plan you set yourself.

'It is akin to pressing an existential reset button and walking away with clear guidance about living a life that matters to you. I have already made massive changes in bringing my work life and personal character into greater harmony and have a new mission statement that helps me assess choices in the moment with the same degree of clarity we achieved during the session.'

J-M Ross, Principal, SYPartners