



CONSULTING & EXECUTIVE  
— COACHING —

Who are you and what do  
you want?

---

**Personal Performance Programme  
Course Preview**

# A bit about the programme and this module...

**Welcome** to the Personal Performance Programme. This is an online self-paced coaching programme. In total there are four modules, however you have the option of taking this first “foundation” module as a stand-alone before deciding if you’re ready to proceed further. I designed this programme for many reasons; I wanted to make the benefits of coaching accessible to as many people as possible. When I was completing my Masters in Coaching and Behaviour Change, it struck me that not everyone has the privilege of accessing coaching due to a variety of legitimate reasons, such as time, money or even not knowing that coaching exists, as well as whether it is considered ‘culturally acceptable’ to openly access development support of this kind.

I found that whilst we are all unique in who we are and how we experience the world, there are common themes that come up in coaching conversations time and again. I found that many of my clients really valued it when I shared tools and techniques, or signposted them to authors of great works so they could continue their personal development journey beyond our conversation, and I loved sharing my knowledge of these resources. Being an avid reader of research and other people’s great works, I am often able to connect people to resources and authors that are directly related to what they are working on.

This sparked a great opportunity to bring together a coaching programme that is based around some common themes, is accessible to many and enables you to work through the materials at your own pace.

## Who is it for:

The programme is aimed at those who want to do and achieve more with their lives, be it in their personal lives, their job, career or business, or for anyone simply wanting to be a better version of themselves. It doesn’t matter where you are in your career or business journey - at the top or on your way there - but it does require something from you!

## Your commitment:

Your commitment to your own personal development is at the heart of you being the best version of yourself; it is a lifelong journey. This programme is specifically for those who are willing to do the work it takes to achieve their goals. It requires you to undertake a great deal of personal reflection and, in some cases, an acceptance of things that are yours to own, but in owning them you will be empowered to make the behaviour changes required. What I will provide is the process, tools, resources and professional guidance as well as access to themed discussion groups and webinars throughout your subscription.

## Who are you and what do you want?

This is the foundation module underpinning the programme and is delivered to you in three weekly parts. It introduces you to and builds on the concept of self-awareness and obtaining feedback to help you to **get to know yourself**. We also explore your **beliefs** by looking at your **back story** and the experiences that have shaped you and helped you to form those beliefs.

We then look at your definition of success and what that means to you, ensuring you are on the right **path to success** for you, and how you can get to spend more time being in your best zone.

## Getting to know you:

In week 1, you will be introduced to some tools that increase your self-awareness and help you to obtain and receive feedback from others in a positive way. Reflecting on the feedback you get in all aspects of your life is really hard, but it is a powerful way to increase your self-awareness and identify behaviours you may want or need to change if they are getting in the way of your personal achievement.

## Your back story and beliefs:

In week 2, we will explore your back story. It is what has made you, you. It is what has got you this far in life. However, examining and challenging your existing beliefs enables you to let go of those that may be limiting your opportunities, keep those that empower you and create new beliefs to help you succeed.

## The path to success:

Defining your own version of success, being true to yourself and setting your own course of direction enables you to be on the right path for you. In week 3, we explore this as well as your strengths and super strengths, so that you can spend more time being in your best zone and on your path to success.

## Is this programme for you?

Personal self-reflection is a very important process in all development, and at times it can get tough and emotional. That being said, it is also very rewarding when you come out the other side. This programme is not therapy nor is it a substitute for it. I am a leadership and executive coach, not a qualified therapist. If you feel a more therapeutic or counselling approach is what you need right now, then I urge you to take that route, as the personal rewards there are great too. Equally if you can’t commit to doing the personal work required, then this programme may not be for you. Either way that is fine and I would like to thank you for your interest so far, and I wish you every success in your future endeavours.

However, if it’s future-focused personal and professional development you are looking for, then I will be delighted to partner with you through this coaching programme. So, shall we get started? Sign up now and let me join you on your personal journey.

