



Training to deliver a six session coaching program

Presenters: Robert Boardman & Michelle Booker- Reconnect Mental Health

Tuesday 3rd April 2012- 9.30am-4.30pm

Cost: \$90 Lunch included, (Early Bird \$65- payment received by 16th March)

Venue: Oasis Youth Support Network, Training Room
365 Crown St, Surry Hills (cnr Foveaux and Crown)

(Street parking is time limited and best option is via Train and a 5 mins walk up the BIG hill from Central Station)

To register- email robert.boardman@ae.salvationarmy.org or phone (02) 9542 5699

Most people want to 'succeed' in life. Getting a picture of what this actually looks like is the tricky part. People want more opportunities to impact and take control of their own lives and their future, but very few actually make use of the opportunities around them.

The Maximise program has been designed by Reconnect Mental Health and uses a coaching framework to identify areas in young people's lives that they want to focus on and change. Over 6 sessions, it will help them explore their options and remove any obstacles to ensure they can make the changes happen. Lasting change really comes down to a lasting shift in perspective, not just a shift in behaviours or attitudes.

This workshop will focus on coaching skills and fundamentals, as well as the implementation of the 6 session Maximise program. Drawing on principles from positive psychology, there will be a focus on enhancing client strengths; motivation; self understanding; and personal responsibility.

The workshop participants will:

1. Explore a coaching framework to work confidently with people to help achieve their goals and their future potential.
2. Discover the various coaching techniques such as the G.R.O.W. model; key coaching questions; concepts of change.
3. Review the key activities for each of the 6 sessions.
4. Develop an action plan for implementing the Maximise program

Each participant will receive a Coach's guidebook, as well as 5 complete workbooks.

TAX Invoice

Salvation Army- Oasis Youth Support Network

ABN 57 507 607 457

NAME:ORGANISATION:

EMAIL:PHONE:

- \$65- Early Bird (payment received by 16th March) Cheque made payable to 'Oasis Youth Support Network'
OR
 \$90- I enclose a cheque/money order for made payable to 'Oasis Youth Support Network'
 The cheque/money order will be sent separately once the tax invoice is processed.

Registrations close 30th March 2012
Early Bird registration close 16th March

Complete this registration form and email to robert.boardman@ae.salvationarmy.org
or fax to (02) 9526 6143; or post to: Reconnect PO Box 402, Caringbah, NSW 2229

MAXIMISE

PERSONAL COACHING PROGRAM

The Maximise program has been designed by Reconnect Mental Health to identify areas in young people's lives that they want to focus on and change. Using a coaching framework over 6 sessions, it will help them explore their options and remove any obstacles to ensure they can make the changes happen.

The program has 3 components:

- **A personal coach-** To facilitate the process and meet for individual sessions over the life of the program.
- **Lessons and activities-** Over 6 coaching sessions, the 4 workbooks are designed to provide participants with the opportunity to reflect on their life and experiences; and to complete activities in between coaching sessions.
- **Action plans-** These are to be facilitated by the coach and developed at every session. Generally there will be 2-3 actions that the participant is going to take in between coaching sessions.

The 4 workbooks cover the following topics:

Workbook 1- Making Changes that last.

To build expectation about what can change, and creating a shift in the participant's perspective.

Workbook 2- Focussing in on you.

To identify the areas they are most motivated to change and what will help motivate them to make the changes.

Workbook 3- Leading your future.

To identify possibilities for future direction, including identifying resources and pathways to achieve their goals.

Workbook 4- Motivating Change

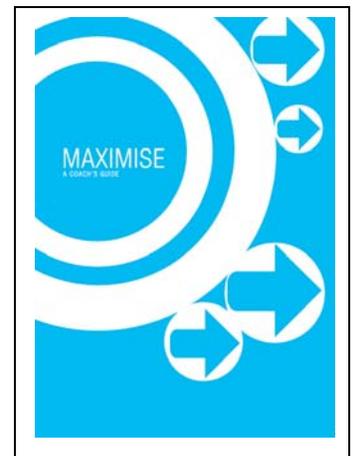
To identify strategies that will build momentum in their lives to enable the changes to continue beyond the life of the program.

These 3 components are designed to combine to serve several functions:

- **To give new focus.** Expand people's view on what is possible and help them understand their potential. This involves exploring how to make better use of their own resources while increasing their focus on the 'right' things.
- **To notice strengths and skills people already have.** Help people 'see' new possibilities while placing it within a system of strengths and skills that already exist. It involves building confidence and momentum.
- **To provide people with a clearer picture of themselves and their future.** Tools for reflection and at the same time see if there is something in their life that they want to introduce, reinforce, or change.

A coach's guide

This guidebook is designed to accompany the Maximise Personal Coaching Program and its Booklets. It is intended as a guide for how one might deliver the program, and also includes some basic information around Coaching in general. It includes a step-by-step review of the process of each the sessions.



Who is it for?

- need some direction and a plan for success to get to where they want to be
- experience times when they wonder what they are doing and where they are going
- want to make the most out of life but don't get around to the things that are important to them
- want to make the important dimensions of their life work better
- want to balance aspects of their life

why

