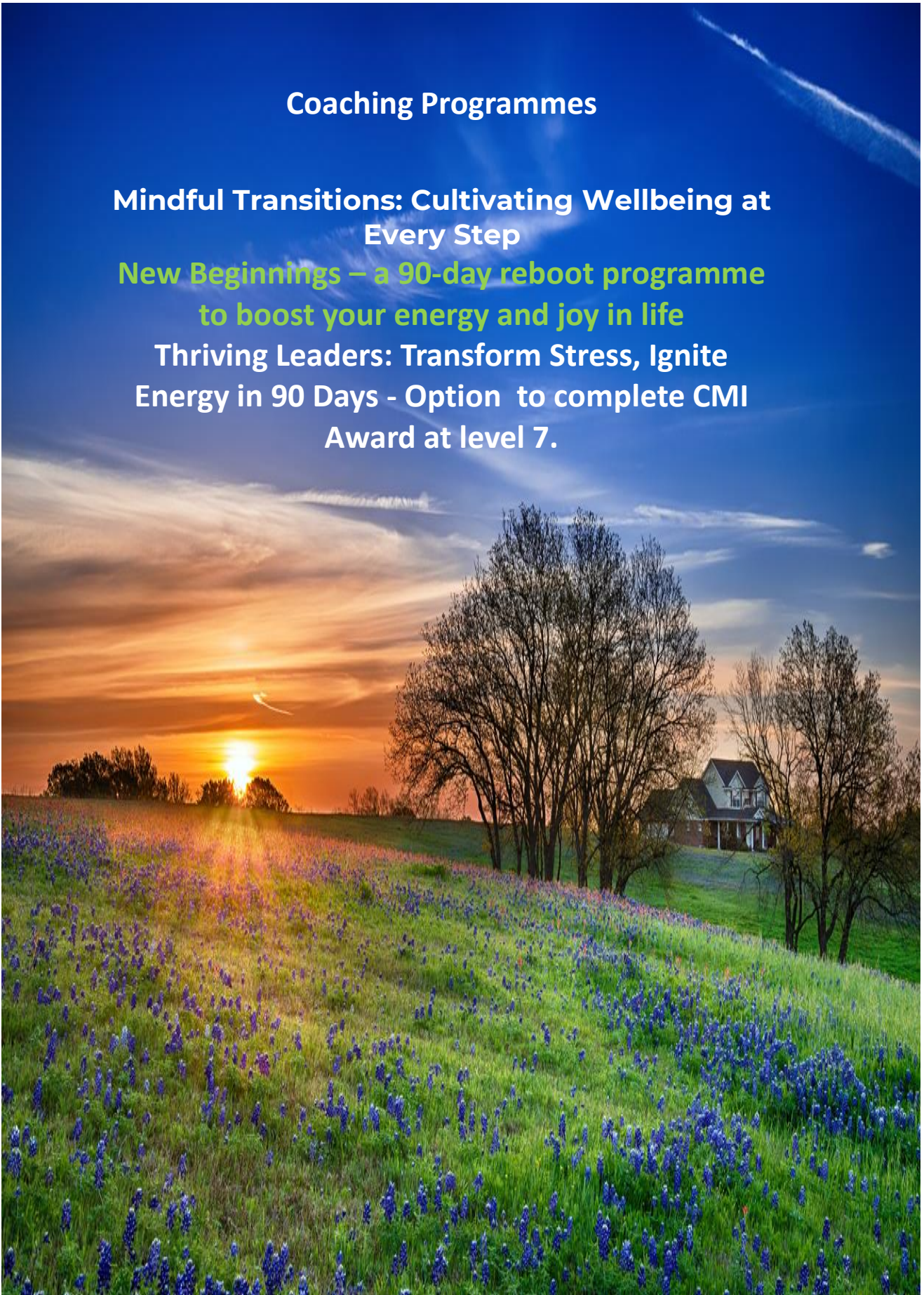


## Coaching Programmes

**Mindful Transitions: Cultivating Wellbeing at Every Step**

**New Beginnings – a 90-day reboot programme to boost your energy and joy in life**

**Thriving Leaders: Transform Stress, Ignite Energy in 90 Days - Option to complete CMI Award at level 7.**



# WHY COACHING?

## COACHING



ADVICE



COACH



INSPIRATION



MOTIVATION



KNOWLEDGE



DEVELOPMENT



SKILL



SUPPORT

Personalised  
Present and Future  
Focused  
Holistic Mind, Body, &  
Soul  
Flexible approach &  
Times  
Proven Effectiveness

Investing in you is the equivalent of putting on your Oxygen Mask. First you invest in yourself to make a difference in the world



## Thriving Leaders: Transform Stress, Ignite Energy in 90 Days - Option to complete CMI Award at level 7.

Great Leadership is a conscious choice. Leading and managing effectively enables you to thrive, rather than energy sapping its energy giving.

A flexible programme adjusted to you and where you and your organisation are on your leadership journey. There is an option to complete the Award for the CMI level 7 in Strategic Leadership. This carries additional cost and 2 assignments.

Sessions 1 – 4 Put the fundamentals in place to sustain the journey. You need to know where you want to get to, what you carry with you that helps and hinders, and your starting place. The programme helps you get more in tune with these aspects, and builds your confidence. Leading authentically means you don't waste effort trying to fit a generic idea but gain energy from knowing what your leadership looks like.

Sessions 5 – 9 are building skills to transition. Practice new behaviours and ways of leading, whilst starting to engage your team so they can contribute and grow as well. We all have beliefs that help and hinder our progress and this is where we focus on building new habits, skills, beliefs that help you accomplish your goals.

Stress is the key energy vampire in our lives. Maybe because we are too busy, buried in the day to day, dealing with toxic leaders or team members ourselves, or issues outside the workplace. Understanding your specific stressors, developing practice managing stress whilst building new skills to meet your goals releases energy whilst you build your leadership effectiveness and productivity.

Sessions 11-12: New baseline. Let's celebrate!

You get to celebrate all of your accomplishments over the last 90 days and workout where you are on your new base line. We consider what that means to achieving your overall vision and goals and how to proceed from that point.





## **12 Session Overview – New Beginnings – a 90 day reboot programme to boost your energy and joy in life.**

The 12 sessions of this program me equip you to make changes to your life and/or work, and bring back more energy, joy and health in your life. This program empowers you to be the leading authority on how to achieve a new beginning in a way that means you move forward feeling inspired, energised and become the expert in how making changes works best for you.

Depending on the reasons for the change and new beginnings, a transition to a new beginning is more, or less challenging. For example, forced change of any kind is more difficult to move through. The first sessions help us establish the principles for moving forward and how not to slip back to old habits. Mind, Body and soul are all linked and it's difficult to move forward unless all these aspects are aligned. You need to know where you want to get to, what you carry with you that helps and hinders and your starting place.

Sessions 1 – 4 Putting the fundamentals in place to sustain the journey. The focus is on understanding the reasons and challenges that may exist in letting go of the past. Change is much easier when we understand the why beneath the why of what is driving the need for a new beginning. This process starts to build your confidence and reduce anxiety in terms of why the change and to go through the experience of transiting to a new world.

Sessions 5 – 9 are building the skills to transition acknowledging (this usually take s longer than 90 days).

These sessions build skills for you and practice new behaviours and habits to lead yourself through the process of transiting. These sessions focus on the aspects that you are finding most challenging. We all have things that help and hinder your progress and this is where we focus on building new habits, skills, beliefs that help us accomplish your goals.

Fundamental to this process is your own mental health and wellbeing. What makes the difference between an energising and inspiring journey and one that we cannot sustain or give up on is how we handle stress through our own emotional intelligence and skills. Understanding your specific stressors, developing practices to manage stress, dealing with any trauma or issues will release energy whilst you build your new world.

Sessions 11-12: New baseline. Let's celebrate!

Map where you are on your leadership journey and work through what you have accomplished and how you will proceed.

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## Radiant Vitality: Tap into your inner vitality and radiate health and energy

The 12 sessions of the 90-Day Program help you get more in tune with your thoughts, feelings, and emotions, behaviours and actions that guide your wellbeing. This program empowers you to be the leading authority on their health and body/mind/soul, and to increasingly feel confident that they know exactly what they need and how to provide it.

### Session 1-4: Building your awareness of what helps and hinders your wellbeing

This is a crucial part in setting the foundation for sustained results. Mind, Body and soul are all linked it's difficult to improve wellbeing without these aspects of ourselves being aligned. Often it's not just one area that we need to look at to improve our wellness. For example it could be it your weight, fatigue, stress, feeling down, dis-engaged , detached , loss of meaning, purpose, issues or lack of certain key relationships. We need to know where we want to get to, what we carry with us that helps and hinders and our starting place.

### Session 5-6: Learn the skills and tools that help us conquer the challenges of learning new ways of achieving our wellbeing.

These sessions focus on the aspects that impact your wellness. We all have things that help and hinder our progress and this is where we focus on building new habits, skills, beliefs that help us accomplish your goals. This can include diet, exercise, sleep, through to dealing with our inner world and how it influences our experiences.

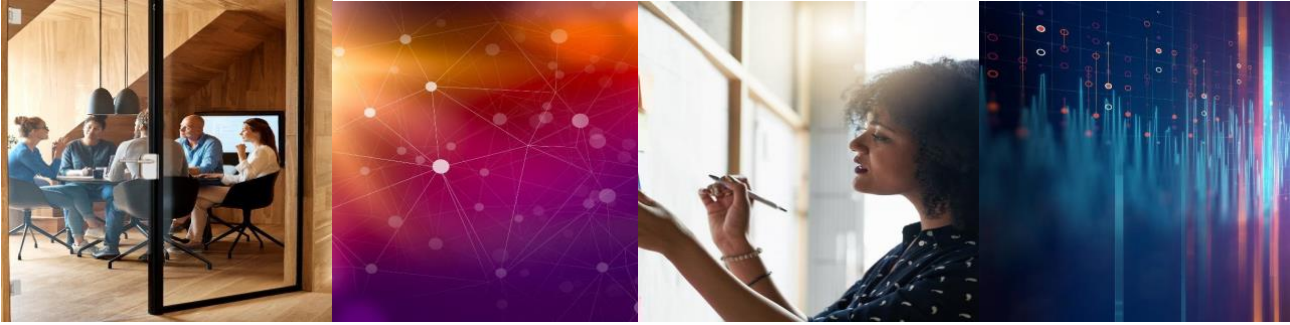
### Sessions 7-10: Stress fundamentally impacts our ability to manage our wellbeing.

Your story creates your biology, your mental health and your wellbeing. Understanding your specific stressors, developing practice managing stress whilst building new skills to meet our goals if the focus of these sessions.

### Sessions 11-12: New baseline. Let's celebrate!

We celebrate all you have achieved, and work through the next steps for you to continue on your journey.

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## From Manager to Leader – Levels 7 accredited by the CMI

We live in a VUCA world (Volatile, Uncertain, Complex and Ambiguous). That requires innovation, different approaches, and puts an emphasis on better leadership rather than relying on management.

A VUCA context requires greater engagement from the whole organization. This course focuses on how you move from a management to leadership based culture. It teaches people how to thrive and evolve in what for many is a stressful VUCA context.

### Structure of the Course

- The award level builds to a certificate then diploma
- Potential to complete thesis to obtain Masters at Portsmouth University
- A blended approach includes self-study with workbooks, webinars, coaching 1:1 and Action Learning.

### CMI Alignment

- Award aligns to CMI 714 - Personal and Professional Development for Strategic Leaders
- Certificate aligns to units CMI 701 Strategic Leadership and 704 Developing Organisational Strategy
- Diploma aligns to CMI 712 - Strategic Management Project

### Why this course?

- Online courses good for information but not competence development
- Universities expensive
- Practice makes progress
- At Masters level up to Diploma
- Make a difference to the organization as you go
- Course based on my research and application on Masters Course
- Personal goals a key focus
- Make a difference as you go
- Improve your brand
- Enhance your career
- Get 1:1 Support for experienced coach
- Personalised support

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*Hello I am Dr Jane Trinder-Randle, FCIPD, CAPM*

*I am passionate about supporting individuals and organizations in providing engaging, fulfilling, healthy, innovative and sustainable places to work. I have coached for over 20 years and am a member of the International Coaching Federation as well as an Agile and Health Coach.*

*I want to work with people who have a desire to be the best person they can for themselves and others. On any course or coaching programme what you put in is what you get out. My promise to you is to match your energy in helping you to get the results you want.*

Fees:

The 12 week coaching programmes are £2000pp. Discounts available for paying up front and corporate volume bookings. Further clients that want to continue programmes have a 10% discount for a coaching individual that wants another programme. At the end of the programme are two checkins to help support sustaining the results gained.

Course Fees

Award £1500

Certificate a further £2250

Diploma a further £2250

Please note if you are on the leadership coaching programme an additional £300 is payable to achieve the Award. Different payment terms are available. Discount is available if whole fee paid up front.

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# Thank You



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