



After the Journey

a gifted coaching programme to assist you in walking the twin trail

Congratulations! You've just completed The Journey at Embercombe. We are a group of coaches operating under the banner of Coaching Connect and working in collaboration with Embercombe to support you over the next few months as you develop and act on the commitments you made on your Journey. We hope you find the following useful.

Overview: The coaching follows on from your experience on The Journey. We will be working together for three hours of coaching and the first session will be one hour in length.

We will use part of the first session as an introduction to the coaching process. This will enable you to become clear about coaching and how you might make best use of it. The coaching can take place on the phone or Skype or face-to-face and this will be arranged with your coach. The coaches are based in the South West.

There will be no charge for the three hours of coaching. If however you would like to continue coaching you can discuss this option with your coach and the best payment options to support you following the initial coaching phase. The three hours of coaching provided will need to be completed within 3 months of the completion of the Journey (unless by agreement between coach and client).

Duration of sessions will be by agreement between coach and client.

Your responsibilities:

- To contact your coach at your earliest convenience by email upon receiving their contact information following on from your Journey, in order to arrange the first session. If you do not contact your coach in a timely manner you may lose the opportunity.
- To find a quiet and uninterrupted place for the coaching
- To call the coach at the appropriate time
- To answer the questions below ('in Preparation') and email them back to your coach
- To prepare for your call

What is coaching?

Coaching is a collaborative conversation that helps the client gain clarity and insights. Coaching helps the client discover the right way to progress and presupposes that the client has all the resources they need to find their own way forward; the coach supports the client to find this.

Coaching is non-judgmental. The coach asks many questions, working with the client to find the answers that feel most appropriate. All sessions are confidential, subject to agreements made at the first session.

The Process:

Coaching is a process. You will have focused support during the coaching sessions, however most of the 'work' goes on in between the sessions. It will be up to you to take action and to put in to practice the areas you are developing. At the end of each session you will agree to carry out some actions – we will follow up these actions at our next session.

What will we talk about?

The purpose of this coaching is to support you in the continuation of your 'journey' and we therefore recommend that you use the coaching to build on your pledge/s and the key learnings you discovered and are committed to taking forward as you walk the twin trail of leadership: your own deepening and healing, and your effectiveness in the world.

Your responsibility is to bring something to each session to explore. Following each session you will be expected to take action and to report back on your progress. Your coach will support you as you take steps towards your goal.

What next?

In advance of the first coaching session it would be useful if you would provide the following information by email to your coach:

- Brief background with a photo
- Your learnings from The Journey
- Your 'pledge'
- How you think coaching might support you

Other Information:

We would like 48 hours notice to change appointments. There might be some additional flexibility in the event of a crisis or emergency. Unless notice is given, missed sessions will not be re-instated.

Evaluation

We are working in collaboration with Embercombe to provide support to you following The Journey and we will be evaluating the process as we progress. We ask that you provide feedback to kanada@embercombe.org when you have completed the coaching to let her know to what degree you found the coaching useful. This will help us with our on-going assessment of the programme. The content of your session with your coach will remain strictly confidential between you and your coach.

Thank you!

Sally Blades, Stuart Newberry & Kanada Elizabeth Gorla
On behalf of Coaching Connect & Embercombe