

## Whynot? Vision Intensives

### Summary

A Vision Intensive is a 1:1 coaching experience that offers leaders a unique, stimulating, intensive and enriching opportunity to work on a vision for themselves, their teams and their business. The leader will leave with a refreshed vision, greater energy and focus leading to improved performance.

The programme consists of one full-day of 1:1 coaching and two additional coaching calls pre and post the Vision Intensive day.

### > Future focussed

Ironically the more strategic your role becomes as a board level director, the less time you often have to step outside of the day to day fire-fighting and budgeting to plan your strategic vision. Positive psychologist Martin Seligman has worked intensively to understand why future focused people are happier and more successful than people that spend their time either living in the past or the present.

Using the framework of Positive Psychology, the purpose of this programme is to help leaders achieve a deeper, intensive, more accelerated level of thinking and visioning time that they couldn't otherwise achieve in the office, or indeed on a day 'working from home'. The day, which is a one to one with an experienced coach, is critical to the process as it enables each leader the opportunity to use their own strengths to build their vision. The value of a strengths based action plan is that it has a much deeper connection with the individual as they are tapping into their core values and motivators, which increases success.

### What does it provide for business leaders

Leaders need to be future focussed to remain ahead of their competitors. A rapidly evolving economic environment means that qualitative thinking time is an essential part of a leader's development rather than a luxury item.

This opportunity is relevant to business leaders either on the board or reporting directly into the board with revenue, team and budgetary responsibilities.



**As a hugely powerful catalyst to positive change the key benefits are:**

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**> The Business**

- Motivated leaders that can deliver compelling visions with purpose
- Motivated teams with clear and focussed purpose and vision
- Improved bottom line performance
- Motivated organisational culture

**> The Head**

- Mind expanding thinking, giving new perspectives using the Positive Psychology frame work
- The psychology of visioning
- Latest research on why future-orientated people enjoy success
- Learning the psychology of goal setting for individuals, teams and companies
- Understand why "savouring" the future is important for growth, happiness and well-being

**> The Action**

- Ideas on how to communicate your vision effectively to relevant parties
- Timeline with action plan

**> In brief the Vision Intensive offers time to:**

- Identify, refresh or up-level a leader's vision
- Access fresh thinking around important issues
- Explore strengths and values-based leadership
- Identify any sabotaging behaviours, assumptions, limiting beliefs and blocks
- Creatively problem solve around key challenges
- Develop a strength-based action plan to forward the vision

**> The structure of a Vision Intensive programme is as follows:**

- The programme begins with an initial coaching call to establish the context of the Vision Intensive
- Pre-work is required; stimulus questions and an online strengths questionnaire need to be completed a week or so before the Vision Day
- The Vision Day runs from 10-4pm
- The morning consists of a series of mind-expanding exercises to stimulate visioning and hone key questions the leader wants answering
- At midday, we will take a fresh perspective using the outdoors to focus on values based coaching
- After lunch we will be addressing the key questions and creating a compelling strength-based action plan to forward the vision
- 6 weeks after the Vision Day there is a follow-up coaching call to review the action plan and set new goals





## LOGISTICS

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- Your Intensive day is agreed in advance subject to availability
- The Vision Day will be held at The Royal Crescent hotel in the heart of the World Heritage City of Bath
- Bath is a 90 minute train ride from London Paddington and the hotel is a 5/10 minute cab ride from the station

Some thoughts from a few clients who have recently enjoyed a Vision Day!

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Thank you so much - you created such a great, energised, vibrant space for me and I got that you were really with me on my journey. You were so easy with each stage of the process and I looked forward to every aspect of the day with you. I trusted you completely and really acknowledge the time and effort you put into preparing to work with me. ”

“

The day was full of light bulb moments and by the end of it I felt like the pieces of the puzzle had been slotted into place - everything made sense! ”

“

Liza put me back on track to believing that I could succeed. ”

“

I now understand my strengths and understand what I have to do to put those strengths into practice so that I can succeed ”

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For more information about the possibilities a Vision Intensive can offer call Liza Hughes on 07715 700207 or contact via email [liza@whynotcoaching.co.uk](mailto:liza@whynotcoaching.co.uk)

