The Learning Journey

opening
personal reinvention and transition

Week 0
Pre-work
Individual Coaching 1.5hr

Week 1
Webinar One 2hr
Self-Study

Week 2
Home Group One 3hr
Self-Study

Week 3
Webinar Two 2hr
Self-Study

Week 4
Individual Coaching 1.5hr

Week 0-7 will focus on phases REFLECT and RELEASE. It will also build capability of the mindset of CURIOSITY.

Week 5
Home Group Two 1.5hr
Self-study

Week 6
Webinar Three 2hr
Self-study

Week 7
Home Group Three 1.5hr
Individual Coaching 1.5hr

Week 8
Self-study
Webinar Four 2hr

Weeks 8 – 12 will focus on phases VISUALISE and PLAN with an emphasis on the mindset of EXPERIMENTATION and PLAY

Week 9
Small group preparation
Webinar Five 2hr

Week 10
Self-Study
Webinar Six 2hr

Week 11
Self-Study
Home Group Four 3hr

Week 12
Individual Coaching 1.5hr
Webinar Seven 1hr

The mindset of SELF COMPASSION is strengthened throughout the programme

The programme encompasses four phases

1: REFLECT
Identify what is important, get in touch with your values, enhance self understanding

2: RELEASE
Drop patterns and beliefs that are limiting or no longer relevant, build confidence, reduce anxiety and/or fear.

3: VISUALISE
Design and articulate your purpose and passions for the next chapter.

4: PLAN
Build strategies to get you closer to the life you dream about and make sure you're ready for the next transition.

Time Commitment

12 weeks **42hrs**
13hrs of webinars
6hrs of Individual coaching
9hrs of home group sessions
Estimate of **14hrs** of self study reading & refection

Session duration in Hours