

Are you seeking change in your life? Perhaps you want renewed impetus and direction? Or maybe you're looking for more meaning – a chance to rediscover your true purpose and passion?

Gain fresh perspective with **—opener**



As we live for longer, we're facing more challenges and possibilities than ever before. These days we can have multiple careers, learn new skills and take life in all kinds of exciting directions. But many of us feel trapped and frustrated. We know we want to make a change, yet we've never learned how to manage significant life transitions.

iOpener is a transformative personal development programme from i-coach that will guide and support you as you step back, reflect on what matters to you and map out a more meaningful future. It then equips you with essential life skills that enable you to continually evolve and embrace change, whatever form it takes.

Are you thinking...

- I feel my life is at a crossroads – and don't know which way to turn
- There's no longer meaning in my life, work and relationships – I'm just going through the motions
- There's a lack of joy and intimacy in my life
- I feel stuck – how can I create real change in my life?
- I know I want to take action, but find it hard to let go of all I've invested in

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Is iOpener for me?

Sometimes life can feel like a whirlwind of duties, deadlines, chores and commitments. There's not much time to stop and think. And, when you do, you may be left feeling empty, stuck or rudderless.

For many, there comes a crunch point. It might be a 'Who am I?' crisis or a sense that the ladder you've been climbing has been up against the wrong wall. iOpener frees you to look at your life anew.

What's involved?

The programme begins with a three-day retreat, followed up by individual one-to-one and small group coaching. Our aim is to accelerate the learning process, helping you create changes that could take months or even years of conventional coaching.

We'll help you notice what is important to you at this stage of your life, where you get your energy from and to discover your sense of purpose. We'll also support you to learn from and - where relevant - let go of unhelpful patterns from your past and sow the seeds for a more fulfilling future.



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:** Clarify which aspect of life needs to change - from work to relationships, health to hobbies.
- 4 PLAN:** Build strategies to get you closer to the life you dream about and make sure you're ready for the next transition.

What will I get from iOpener?

Everyone's different, so the outcomes vary hugely from person to person. Here are just some of the ways you could benefit:

- Find the time and space to stop, reflect and prioritise yourself as you prepare to make changes
- Gain greater clarity on what feels important and make appropriate choices
- Tap new sources of energy and confidence to take action
- Learn valuable skills to enable self-renewal and manage transition
- Develop a plan with clear, actionable steps
- Make friends to support you on your way

You'll finish the programme with an increased sense of clarity and purpose. And you'll also be equipped with key skills to draw on as you enter the next chapter in your life - and the others that will follow.

Course details

Who?

iOpener has been carefully developed by four specialists in adult learning, personal development, coaching, psychology and organisation development: Caroline Horner, Angela Blacklaw, Penny Jones and Neil Rodgers.

As well as holding master's and doctorate qualifications, the team brings a wealth of experience in working with individuals, groups and organisations. We've run numerous learning programmes, helping people unlock their potential, manage transitions and find renewed energy and purpose.

“ I was not sure I could afford the luxury of thinking about my future, the present was looking pretty demanding. You were really good at helping me see the issues and thinking about how I'll make up my mind. ”

CEO of a charity who chose to pursue a totally new career direction

Where?

We hold this three-day residential retreat at beautiful Florence House in Seaford, East Sussex. It's a safe, enlivening and nurturing environment – far removed from the pressures and distractions of your day-to-day routine.

When?

September 2017

Start: 5pm, Friday 15th September
Finish: 4pm, Monday 18th September

November 2017

Start: 5pm, Sunday 19th November
Finish: 4pm, Wednesday 22nd November

How much?

The programme costs £1800 (Inc. VAT), made up of:

- £1380 (inc. VAT) for initial one-to-one consultation, pre-retreat materials, three-day retreat, two individual follow-up coaching conversations and small group support.
- £420 (inc. VAT) for accommodation and meals throughout the residential retreat.

We require a 25% non-refundable deposit to confirm your place.

Learn more

To find out more about iOpener and whether it's the right fit for you, meet us at one of our information evenings or call us. Visit our www.i-coach.co.uk/iopener for the latest dates and contact details.

How to book

To reserve your place or ask any questions, please call us on **+44 (0)20 7129 1442** or email caroline@i-coach.co.uk