



THRIVE

AN ONLINE EXPERIENCE

High impact coaching
for individuals, teams
and organisations ●

thecoachplace.com

THRIVE: An Online Experience

There has never been a more important time to truly understand who we are and who we have the potential to be. The current, challenging times have more than ever before shown us that resilience, adaptability, self-awareness and values play a significant role in personal success. The research tells us clearly, that master communicators and those with an ability to develop healthy and robust relationships will be highly valued.

So, what is it that thriving, successful people do? What we see is that they know who they are and who they want to be. They are clear about their values, strengths and unique positioning statement – and they are skilled at telling their ‘story’. They have done the work and know what is required to be the absolute best version of themselves.

The THRIVE experience is NOT like other development programs. It takes a more innovative, confronting, holistic, and deeply personal approach to learning more about the life we are living and want to live into the future.

Participants look hard at the professional and personal version of themselves – how and who they have been. They look hard at how they behave and why. They should be prepared to get uncomfortable as we ask the questions they haven’t thought about and don’t know the answers to.

We are most focused on the coaching conversations that are about developing deeper levels of emotional intelligence, and the conversations that allow participants to really explore the work that is required for them to set up for true personal success. People rarely thrive accidentally; it takes work and consistent commitment to self-development.

Talent, passion, and goals are not the answer, nor is motivation. Those are just a small part of the adventure that is life. THRIVE is about a strong and healthy sense of self. It’s about knowing where you are going and who you will be when you arrive. Thrive is the answer to understanding your potential.

Tailoring our programs for organisations, teams and individuals

A program for everyone:

Our THRIVE programs are available at three different levels to reflect the life experience, career and courage of participants. We will partner with you to determine the most valuable and high impact learning for your people.

Level 1 - for those who have done minimal work on themselves from a coaching, formal learning and developmental perspective.

Level 2 - designed for participants who are self aware, focused on personal growth and are ready to get uncomfortable and stretch themselves.

Level 3 - a unique, life changing and often confronting experience for those who are at a critical point in life and are ready to truly own their strengths, potential and story.

Are you an organisation?

- We work globally with our clients and can support the integration of this program with your current developmental initiatives and cultural programs.
- THRIVE can be scaled across your organisation with large masterclass sizes, allowing for participants to have a shared experience.
- ‘Train the Trainer’ programs are available for your internal HR and L&D teams. We provide you with all collateral, knowledge and training so that they can deliver THRIVE for you.
- THRIVE can be licensed on an annual basis.
- Please note, this program is also available as a face to face program with your people in the room, as government regulations allow.
- See our client testimonials for examples of global clients for whom we’ve delivered this program. San Francisco, Singapore and London ... we’ve been there partnering with people to design their success, write their personal story and step into their full potential.

Are you part of a team?

- For newly formed teams, THRIVE will accelerate understanding of each other’s behaviours, working preferences, communication styles and personal values.
- THRIVE can be delivered for established teams with a focus on building their relationships and trust with each other. Everything will feel different!
- For experienced teams, THRIVE will have people building lifelong relationships and greater respect for each other.

Are you an individual?

- See our programs page at thecoachplace.com for the next public program dates for THRIVE, related masterclasses, or to make an enquiry for more information
- Yes! One of our experienced coaches can deliver this program for you privately. Fees available on application and further understanding of your desired outcomes.
- If you’re an entrepreneur, founding director or anyone wanting to be better and do more, see our individual coaching programs at thecoachplace.com
- Subscribe via our website to The Coach Place program for immediate access to thought provoking articles, masterclasses, curated learning materials and inspiring interviews.

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Participants are asked to think what is possible ...

- if you were invited to really 'know' you, what your thinking, behaviour and ways of being are about?
- if you develop greater self-awareness, a key competency to increase your emotional intelligence?
- if you develop a broader, deeper, enhanced vision and version of yourself, and of how you function as an individual and with others?
- if you took advantage of an opportunity to tell your 'story' to an interested audience?
- if you participated in an experience that raised possibilities for self-development you had never thought about, or thought possible before?
- if you were more able to leverage your strengths and minimise the impact of any inherent weaknesses?

objective

To build confidence and self-understanding that serves future success, roles and relationships. This is a full life audit where participants should prepare themselves to answer these 3 critical questions:

1. Who have I been? By understanding the past version of me I can identify what I need to let go of, what I need to leverage and what beliefs/behaviours will serve me going forward.
2. Who am I? By exploring the current version of me I have clarity on my story, and understand more of why I behave, live and work as I do.
3. Who do I want to be? By challenging my own views on my potential, strengths and purpose, I can start to deliberately design my development and next chapter.

THRIVE looks at the 'whole self' and has been designed for those who are committed to being more and better. This is a deeply personal and professional journey.

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proposed outcomes

- Achieved a deeper level of self-awareness and clarity on who they are as a 'whole person', including understanding their values, purpose, priorities, strengths and development areas.
- Greater awareness of the impact they have on others and greater accountability and responsibility for working towards being the best version of their unique 'self'.
- Identified and worked through any limiting beliefs which may be holding them back, with increased courage to stretch themselves and realise their potential.
- Developed an understanding of their personal brand, with clarity about who they want to be, what they want to be known for and actions required to achieve this.
- Gained clarity around their career aspirations and what is required to be successful, with deeper understanding and ownership over a tailored learning agenda, future career planning and self-managed learning.
- Learned about the craft of writing their personal story and the art of sharing it with others; skills that will serve them throughout their careers.
- Learned to translate this personal growth into being a better and more effective human (colleague, coach, leader, parent, friend ...)
- Each participant will be invited to share their 6 - 8 minute 'I am ...' statement, to consolidate learning and receive feedback. This is a personal statement about who they are, what they stand for and who they will be. The writing and sharing of this statement is high impact, connecting and inspiring.

clients and organisations

We are known for this amazing personal development work. Clients tell us that when their people have this THRIVE experience, they:

- have greater resilience and appreciation,
- are more likely to accelerate career progression,
- confidently step into courageous conversations and seek feedback more often,
- understand the value of connected and trusting relationships in all aspects of their life,
- can build a more credible and authentic profile by leveraging strengths, authenticity and sense of identity,
- have significantly greater self-awareness and responsibility for their own development,
- know how to write and deliver an impactful 'I am...' statement (personal story),
- have done a true reality check on the work required to live and work to their potential.

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core elements

- Online Masterclasses - 5 x 3 hour and 1 x 4 hour
- Masterclasses occur every 3 to 4 weeks depending on client-preferred timeline (recommended as 6-month experience).
- All masterclasses are facilitated online via your preferred platform.
- We are able to tailor this experience for your people in the following ways if needed:
 1. Integrate your leaders as guest speakers or invite them to a Q&A session.
 2. Provide one-on-one coaching to complement the work being done in the online masterclasses.
 3. Various profiling tools and assessments can be utilised where this would add value to learning.
 4. Tailoring the tone, content and pre-work for the experience/background of the group. THRIVE can be modified for leaders who are leading for the very first time, right through to highly experienced leaders who have specific attitudes, skills, and knowledge to grow for more effective performance.

The Coach Place team

We have highly skilled facilitators who can create a high impact experience for your people's effectiveness. The experience will be thought provoking and practical. Our team has been working with people across all levels of global organisations for 15 years.

pre-program experience for THRIVE participants

- Participants receive a calendar of events for their diary.
- We will introduce participants to their facilitator. And, one week prior to the first masterclass participants will receive pre-work with tips on how to leverage this experience.
- Participants have an opportunity to submit questions to our mailbox with any related topics of particular interest to them.

duration of program experience for THRIVE participants

- A dynamic slide deck is used for each session with energising clips (not provided to participants).
- Other content will be provided to participants to reinforce learning.
- A recommended reading/resource list for topics covered in each masterclass is shared on conclusion of the masterclass (books, podcasts, TED talks etc).

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overview of masterclasses

2.5 HOURS

Masterclass One: Immersion to Self

Program overview, outcomes and expectations

A close look at the life you are currently living

Starting with the end in mind – your ‘I am ...’ statement

Why do we think the way we do? (Habitual vs Different thinking)

What labels do you wear?

Life Audit - interactive activity

A close look at the life I am currently living

What next? Homework activity. Recommended reading. I am Statement suggestions.

2.5 HOURS

Masterclass Two: Self-Awareness, Identity And Me

The role of discomfort, biased thinking, fear and self-sabotage

Uncomfortable activity – with debrief

A close look at the past and me

How to craft your ‘I am...’ statement (the story of me)

Transactional Analysis – understanding the role of ego (adapting for results)

JoHari Window – it all starts with self-awareness

The role of your values and how you build/create/give trust

What next? Homework activity. Recommended reading. I am Statement suggestions.

3 HOURS

Masterclass Three: What Successful People Do

More on the role of your values and how you build/create/give trust

20 attributes of emotionally intelligent/healthy/happy and successful people

Personal brand and impact

Leveraging strengths, and managing well developed weaknesses

Self-care and management (not the fluffy stuff!)

Why do you behave the way you do? (Relationships, decision making, instincts, intuition)

The true art of storytelling (‘I am...’ statement from guest speaker)

What next? Homework activity. Recommended reading. I am Statement suggestions.

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3 HOURS

Masterclass Four: My Future

Building your tribe - truth teller, mentor, coach, advocate, trusted adviser ...
Defining personal future success (activity and debrief)
What do you need to stop, start and keep doing to create your next chapter?
Writing your learning agenda, with commitment check
Further building 'I am...' statement (structure, impact, language, presenting)
What next? Homework activity. Recommended reading. LPOV suggestions.

3 HOURS

Masterclass Five: Coaching, Global Trends And Next Steps

Why being a master communicator is critical in today's complicated world
Why adaptability, proactivity, positivity and the ability to reframe and pivot is even more important
Latest research on what work and the world we live in looks like for the next 5 years
Group coaching session to share learnings so far and commitments going forward
Final check in on 'I am...' statements
What next? Homework activity. Recommended reading. LPOV suggestions.

4 HOURS

Masterclass Six: My 'I Am...' Statement

Please note the length of this masterclass may vary depending on the number of participants. This is our pinnacle event that brings together all our learning.

Each participant reads their 'I am...' statement (6 – 8 minutes per person)
Each person receives written feedback from every other person in the masterclass
Individuals can invite a guest (their manager or mentor) to dial in just for their statement
Group debrief of 'I am...' statements - (this is amazing!) What did we learn today?
What will be different as a result of this significant investment in me?
Formal close

rates

Please let us know how many participants you have and the level of their experience. A friendly reminder that THRIVE is also available as a face to face program. All enquiries and questions are welcome! We will provide you with full rates and inclusions at your request. Please see our testimonials on the 'programs' page @ thecoachplace.com to see what our clients say about learning with us.

Email, call, zoom
or DM us soon.
We're ready when
you are ●




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