



HOLISTIC COACHING FOR THE 50+ SERVICE LEAVER

FROM



THE HOME OF OPEN-HEARTED LEADERSHIP

WHAT IS HOLISTIC COACHING?

At Outstanding.Global we understand that each and every human being consists of layers. Layers of experience, character, ambition, personality and perception.

Life makes it very easy for us to exist somewhat superficially: we are practised at giving stock responses, falling back on training or experience to react accordingly, and even doing what we feel we “should” rather than what we “could”.

Holistic coaching is exactly as it sounds; it brings the whole you to the party. It does this by asking questions, such as

- **What do I want to be when I am ‘me’?**
- **What, how and why am I feeling what I am?**
- **What are the components that are combining to make me who I am RIGHT NOW?**

Because it’s holistic, it also includes all the senses when trying to answer these questions. You will have the chance to consider everything from the physical surroundings – and tuning in to how they are impacting and interacting with you – to understanding the leadership qualities you admire in the world at large.

This layered approach means you can tune into what is deeply and wholly YOU.



WHAT WILL I GAIN FROM HOLISTIC COACHING?

The results gained from holistic coaching are often revolutionary. And they need to be.

You are undergoing a major life change when exiting the military world you've been a part of for so long. This transition will impact every corner of your life making it only right that we look into every corner to discover what to take forward to this new chapter; to ensure you spend it doing what's **right for you** and not what others' think is best.

While your skills are highly transferable, you will need to leave 'old ways' of doing things behind and adapt to whatever environment or culture you are moving towards for the future. By giving yourself **the gift of time and space** to delve deep into the true you, you can create this new path, remove barriers and galvanise the confidence and motivation to make it a success.

Service is very familiar to you. It's what you've been trained to focus on. But can you **serve yourself first**? Holistic coaching will provide **tools** that can be drawn upon time and time again to help you do so, but also to help you understand and find solutions for teams you are a member of, or even projects and bigger causes that you'd like to influence.

Knowing who you really are, and being clear about your skills, knowledge and goals, will enable you to be **specific** when you search for your next challenge or role in life. Specificity is a gift that many never realise. It will save time, energy and disappointment by helping you to target the right opportunities.

Finally, the programme gives you a new connection to your **sense of purpose**. We all have a 'why' but, at a time of major change, this can become obscured. It may even need to evolve to suit a new direction. How and why you want to achieve the things you do is a major question that we can help you to answer.





THE HOLISTIC COACHING PROGRAMME

OVERVIEW

The holistic coaching programme is designed to be highly interactive and experiential. To ensure we maximise the relevance to every attendee, we always start our session with some fact-finding, which includes completion of a questionnaire and a 90-minute facilitated session to clarify our objectives.

Following this, and in order to maintain the right focus, 30-60 minute coaching sessions are available as needed.

TOOLS

The tools we share during the programme are designed to be memorable and repeatable so that you can use them whenever you need to revisit the things we have covered. Some are useful to run through just before an interview or if you have a crisis of confidence. I've shared a couple below and we work through these and more throughout the duration of the programme.

Part of the programme is the chance for a reality check. We provide the opportunity for you to do this and to determine what needs addressing for you to continue in your chosen direction of travel.

THE PROCESS FOR THIS IS 'ADDER'.

This is a two-part exercise, which starts with us – you and I – jointly discussing A – assess; D- design; D – deliver. What needs some focus? What should we assess, how does it need to be designed and what, therefore, will you be able to deliver?

In the second part of the process, you E-execute and then we reconvene to R – review. This gives you focus and helps you to decide your next steps.

When you are searching for a new role, you will no doubt be analysing job descriptions. I like to use another model here, to help you standardise and demystify that analysis.

IT'S CALLED KASH ANALYSIS.

K – knowledge: understand what knowledge is required for a role. Do you have it?

A – attitude: what are the softer skills you might need? What does your mindset need to be like to be successful?

S – skills: which ones do you need? Which are transferable? These are more tangible than 'attitude' and will likely be a yes/no answer for you.

H – habits: again, a softer angle but something very relevant to consider.

You'll probably know you have a match in the knowledge and skills areas of this model. More difficult to define is attitude and habits. Moreover, others can have different attitudes and habits which can lead to conflict. This model will help you identify where you might need to focus in order to work through any challenges, adopt a growth mindset and meet your goals head-on.

TESTIMONIALS

“It was the first time that I ever really reflected on who I actually was...”

“You gave me plenty of good guidance both in a group and individual setting.”

“...you took time to get to know me...”

“The analysis we did took us deeper to our sub-conscious motivations and were illuminating.”

“Your analysis of me and what makes me tick was interesting, helping guide me in towards suitable employment environments.”

“I think the most important aspect was to challenge us. It is easy to work off what we know, to look in the mirror and answer one’s own questions but you made us think and check our own assumptions.”

“[You]...identified poor attitude and helped me recognise my negative feelings, which were being expressed as anger. “

“Simply meeting and discussing my career position with someone who was taking time to listen and engage, but who had a very different perspective to offer enabled me to reflect on my own perspective. Ideas from family and friends always side with you, feedback after failed interviews is always against you in some way. Discussions with you were neutral but informed and therefore informative.”

CONTACT DETAILS

To find out more about Outstanding.Global please connect with Nigel Hughes, Founder Director:

E: info@outstanding.global

T: 07711 546131

Greene & Greene, 80 Guildhall Street, Bury St Edmunds IP33 1QB

Reg Co Number 11769420.

