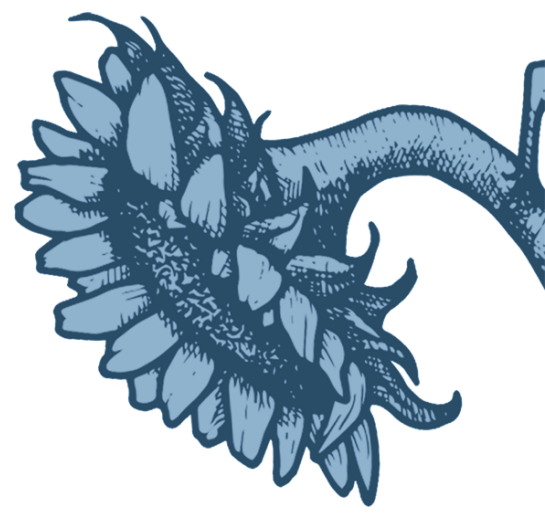


# The Conversation Company



## Group Coaching for Personal Development

**Change Journey workshops**  
2 x 90 mins workshops for up to 12 people

### Workshop 1

#### **Acknowledging Change Planning and Commitment**

- pre-workshop mindset assessment exercise
- perfect day future visioning
- obstacle analysis
- goal setting
- Resource workbook

### Workshop 2

#### **Review Progress and taking forward actions**

- review of progress
- support on challenges
- long term goal setting
- additional mindset tools

#### **Approach:**

- guided coaching sessions for individuals
- personal reflection
- Individual space
- tools and techniques for delivery

Our purpose is to transform the role  
of conversations in people's lives