

VISION COACHING

CONTEXT - THE WHY?

We have all inherited a vision from our parents, education and social conditioning, yet for some of us this is no longer appropriate, nor does it motivate us to find our purpose or achieve our hopes and dreams.

PURPOSE - THE WHAT?

The purpose of **Vision Coaching** is to help people get in touch with their ideal future and to set action plans and timelines to make this future a reality. This may represent a complete break from the past or it may be about further development from the present. A vision provides both philosophical meaning and a practical 'map' for life's journey.

TARGET - THE WHO?

Vision Coaching is for people at any kind of crossroad, through choice or circumstance, and for those who are wondering 'what next' in their careers and lives. It is also for those looking for more meaning in their life and for people wanting a greater sense of control over their destiny.

METHODOLOGY - THE HOW?

The process of visioning is about creating a strategic plan for life. Using a 25 page workbook, called **Visionary**, the Vision Coach facilitates clients to reflect on their past, clarify their present and fantasise their ideal future in both their career and personal lives. Clients are then helped to write their vision and purpose and to set action plans with timelines to guide them towards this future.

Visionary takes a minimum of three x two hour sessions. We then recommend clients have two follow up sessions about three and six months later to review their vision and get support to overcome any obstacles they might have met along the way. Sessions can be undertaken in the client's home city or as an intensive process as a residential at AnD's Learning Retreat in the hills inland from Byron Bay (see www.andconsulting.org).

A TESTIMONIAL

"There are possibilities unfolding in miraculous ways, possibilities I had given up on yet I brought to light with my coach's help." Mark Thomas – Dataract

ABOUT AND CONSULTING

AnD Consulting is in business to support leaders through our coaching services of Leadership, Vision, Learning Group and Entrepreneur Coaching. Our services are available in Adelaide, Melbourne, Canberra, Sydney and Brisbane and as a Learning Retreat in the hills inland from Byron Bay.

Our coaches bring a breadth of business and human experience to our coaching methodologies. Kate Ramsay, our Managing Director, has had over 12,000 hours of coaching experience.

AND CONSULTING

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