

## COACH THE COACH IN VISION COACHING SCHEDULE

### PURPOSE

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; the purpose of Coach the Coach in Vision Coaching is to coach and accredit people in AnD's Vision Coaching methodology.

### SESSIONS

Three sessions of two hours with Kate Ramsay as your coach.

During the sessions you will be facilitated through your own visioning process and coached in how to use the Visionary process and workbook with others.

#### Session 1

- Rationale for visioning
- Introduction to the Visionary workbook
- Facilitation of workbook - past and present sections
- Debrief/review of the process

#### Session 2

- Review of session 1
- Facilitation of workbook - guided visualisation and future sections
- Debrief / review of the process

#### Session 3

- Review of session 2
- Facilitation of workbook - intentions, vision and purpose statements and action planning sections
- Debrief/review of the process & agreement on ongoing self-development plan

### THE COST

Tuition – a total of six hours: **\$2000**  
Hard and soft copies and unlimited use of Visionary workbook: **\$450**

### COACH THE COACH - GROUND RULES

- If you make a late cancellation of a session (within 5 days) we'll do our best to work with you in re-scheduling your appointment. However, if this proves impossible, the session is chargeable.
- It is expected that accredited AnD Coaches will seek supervision of their coaching practise and sustain their own development with ongoing coaching sessions for themselves.

### ABOUT KATE RAMSAY

Kate Ramsay is the Managing Director of AnD Leadership Consulting, a 'boutique' business which specialises in the coaching of leaders, be they upper case 'L' leaders, leading an organisation or team, or lower case 'l' leaders, people living their lives with purpose. Kate has been consulting to industry since the mid 1980s, has been coaching since the early 1990s and has over 12,000 hours coaching experience. Kate supports clients by providing them with confidential time out in a peaceful environment to clarify their vision and values and reflect on their business and personal dilemmas. Kate also coaches others in AnD's coaching methodologies.

## AND LEADERSHIP CONSULTING

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