



G.R.I.P LEARNING OUTCOMES

Session 1 – Understanding current behaviour

- Defining personal values – what drives a person and what causes negative feelings
- Communication
 - What are positive communication habits?
 - What communication habits might be holding you back?
- Causes of unwanted behaviour
 - Examples of common reactions – what's really causing this?
- Group problem solving – real-life examples brought by the group. What do the rest of the group hear? How might we change our behaviour to work towards a better outcome?
- Starting difficult conversations – making the first step towards better, more productive conversations

Session 1a – Setting clear direction

- Goal setting – what do you really want and what are the steps you need to take to achieve it?
 - What is your current reality?
 - What are your options for achieving what you want?
 - What will you do, and by when?

Session 2 – Understanding and bringing others with you

Following the first session, delegates will go home and put what they've learnt into practice. They will have activities to complete, videos to watch and podcasts to listen to – all will build on the learning from the first session.

- Reflection – what have the delegates noticed since the last session, what happened (positive and negative), and what do the rest of the group hear? Group coaching on what they could do differently next time.
- New items – is there anything that has happened for the first time since we last saw each other? The group will work through explanations for why that might have happened and what might build on it further or prevent it from happening again.

Session 2a – Action planning

- Identify an action plan for the next 12 months
 - Whose help/support/expertise do you need?
 - What extra training might you need?
 - How are you going to communicate your plan to others?

Delegates will develop a step-by-step plan, including time scales, to achieve their goals for the next year.

Amy Hughes

amy@empowerag.co.uk Tel: +447500 029477 www.empowerag.co.uk