



Doing Things Differently – Launching June 2020

A structured self-development programme to take you from that “I want things to be different” feeling to a concrete action plan. On the way you will learn how to harness your personal values to motivate you and guide choices, and how to identify the strengths you have already to help you achieve your goal.



Ellie Highwood

Step 1: Finding what needs to be different

Step 2: Settling on your destination

Step 3: Using your values to motivate you

Step 4: Finding your strengths to get going

Step 5: Plotting the route and taking the first steps

There will be 3 ways to follow the programme to suit different people and different circumstances.

Self-guided	Sign-posted	Accompanied
If you are familiar with self-development and/or coaching, would describe yourself as fairly self-aware and are generally pretty good at motivating yourself...	If you have some experience of goal-setting and self-development and are pretty good at motivating yourself but would like a bit more support, especially at the start of your journey....	If you have just a vague idea of what you want to be different, haven't done much in the way of reflection or personal development for a while, or just work better when you can talk things through....
<ul style="list-style-type: none"> Download the pdf workbook and complete the exercises at your own pace. 	<ul style="list-style-type: none"> Download the pdf workbook. Arrange a 30 minute “Getting the directions” phone/video call to get you started. Personal email support when you need it whilst you are completing the programme. 	<ul style="list-style-type: none"> Download the pdf workbook. Arrange a 30 minute “Getting the directions” phone/video call to get you started. Personal email support when you need it. 4 x 30 minute phone/video coaching sessions to accompany steps 2-5 of the programme.
Indicative £15	Indicative £70	Indicative £200

Why “Doing Things Differently”?

The 2020 global pandemic has prompted many people to question their current way of doing things, and to resolve to “do things differently” in the future. But I know that resolving to do things differently and ACTUALLY making the change, can be worlds apart. This is what I do as a coach – bridge that gap and walk alongside people making changes. But I also recognise that traditional coaching isn't accessible to everyone so I wanted to create a guided and flexible map so that more people can follow.

Yes, there are LOADS of free tips, checklists and goal setting exercises out there. **“Doing Things Differently” brings bespoke versions of these together to form a structured route map to follow, with optional personal guide!**

And who am I? I am a trained coach with over 20 years of mentoring and coaching experience, working with undergraduates and researchers to managers and leaders. I also have 20 years of teaching and training experience, including extensive experience of designing learning programmes. I'm a coach, facilitator, climate scientist, volunteer teacher and parent.

SendThemSoaring is the trading name used by sole trader Eleanor Burke, known professionally as Ellie Highwood

www.sendthemsoaring.co.uk

