

Supporting Your Transition

Are you considering making changes in your working life, either through your own choice or due to other people's decisions?

Supporting Your Transition is an opportunity to spend 2 days focusing on what this change means for you and what it might be offering you and increasing your resilience as you move through it.

Why is this important?

- We notice that for most of us our day-to-day lives are so full that we get very little chance to pause and reflect on where we are in life, what is important to us and to really consider what opportunities may be opening up to us when we face some kind of change or transition.
- We tend to move very quickly to planning and actions or to respond in habitual ways to change, particularly when we feel uncertain and uncomfortable. When we do this we often miss things or find ourselves somewhere down the line, wondering how we have 'ended up' where we are, sometimes feeling disappointed and, even unfulfilled.
- These 2 days are a chance to really focus on what is happening, to give it space and to allow new insights to emerge in the company of others who are also experiencing transition in some way. In our experience, such a group can provide stimulus and offer different perspectives as well as support.

"..explores a much deeper, more personal inquiry and encourages exploration of self (with others), which in my opinion has had the greatest impact.." (Shaun Prime)

Who is it for?

Anyone facing any kind of change in the pattern, direction or focus of their working life.

May be you are considering leaving full time work, or reducing the amount of time you spend working, facing redundancy or just feeling that it is time for something new. Perhaps you are returning to work after maternity leave or thinking about doing so, or simply moving into a new role, department or organisation.

What can you expect to leave with?

These 2 days are **not** about project managing the change or preparing an action plan - you will leave with:

- A greater sense of how you want to BE as you move through this transition and when you emerge at the other end of it;
- More focus and greater clarity about what questions you need to work through and what opportunities there may be for you in this transition;
- More resourced to allow things to emerge and not to rush immediately to actions;
- More awareness of your often unseen patterns and ways of responding;
- A new network of people who can support you if it's helpful to you.

How will we work?

- This will be a very experiential 2 days, involving individual, paired and group



- work using various theories and practices around change and transition;
- We will work with our intuition and emotional intelligence as well as our intellect, to access some different ways of seeing our situation.
- We will have lots of time for individual reflection, journaling and walking outdoors, as well for dialogue.

Where and when will it be held?

On the 12th and 13th of April at a venue approximately an hour west of London along the M40

Who are the facilitators?

Sally Bogle (Sally@transcapecoaching.co.uk, 07967 221644) and Jackie Westaway (Jackie.westaway@gmail.com, 07768 237130)
For more information about us, please see www.transcape.me

How much does it cost?

The cost of the two day programme will be £475 with a discount to £425 for early bird bookings and payment received by the end of February.