

Goals, strengths, dreams and desires



Programme to achieve desirable outcomes for Teams and Directors meetings/boardrooms to help establish their goals, strengths and dreams/desires.

Each corporate coaching programme combines a series of thought-provoking questions and tasks for the participants, along with hands-on coaching for visible results.

STEP ONE - GOALS

- Clarify your company/personal values and goals.
- Setting out your long and short term BIGGER vision.
- Understanding and establishing long and short term goals.
- A personal development assessment of where you are, what areas of your life could use some improvement, and how to make those changes by setting realistic and achievable goals

STEP TWO - STRENGTHS

- Understanding of your strengths, both personal and in the company environment.
- Create a plan for increased performance through the Pareto Principle of effective time management.
- Identify personal strengths along with hat needs to improve in your life, what strengths you possess that have not been realised yet, and how to make those changes by setting up realistic and achievable techniques to use your personal strengths.
- Step by step implementation of your personal strengths.

STEP THREE - DREAMS & DESIRES

- Identify personal or company DREAMS/ DESIRES and learn how to implement your dreams in your reality.
- Tools and techniques for staying focused, content, enthusiastic and energetic enough to achieve your dreams.

SOLUTIONS / RESULTS / OUTCOMES

Solutions and resolutions, implementations of learned material in one streamlined and usable blueprint in achieving your company/individual goals.

Participants will prepare a presentation of their particular projects for goals, strengths, with solutions.

WHO IS IT FOR?

- Individuals
- Directors
- Team Building
- Boardroom Meetings
- Companies looking to enhance productivity and team morale

WHAT IS INCLUDED?

1. One day coaching - 2 hours morning session and 3 hours workshop style afternoon session. By arrangement a visual presentation.
2. Workbook, also available as a download.
3. Series of support webinars

HOW MUCH?

1 to 1 Coaching	£150 per hour
1 day onsite Workshop	£199 per person (6-20 people)

CREDENTIALS



Marianna Cherry is Creative Director of social enterprise Mums the Heroes Ltd.
Mariannacherry.co.uk private and corporate coaching consultancy- two coaching programmes:

- Happy and how to achieve it
- Goals, Strengths, Dreams/ Desires

Professional Speaking Association associate.

Toastmasters International member.

Graduate of Million Dollar Voice public speaking course.

Entrepreneurship Award from Progressive Networking.

Progressive Networking Foundation Certificate (Institute of Leadership accredited).

5 Step Happy Coaching Program



The 5 Step Happy Coaching Programme consists of 5 one hour coaching sessions for personal use, with worksheets.

Each coaching session combines a series of thought-provoking questions and tasks for the participants, along with hands-on coaching for visible results.

Step 1 - HEALTH

10 STEPS IN UNDERSTANDING AND ACHIEVING THE ULTIMATE INDIVIDUAL HEALTH.
Healthy - more productive.

Step 2 - ATTITUDE

10 STEPS TO FOREVER ENHANCING YOUR ATTITUDE TOWARDS YOURSELF AND YOUR ENVIRONMENT in both workplace and attitude towards companies bigger vision and goals

Step 3 - PURPOSEFUL POSITIONING

10 EASY STEPS IN PERSONAL DEVELOPMENT THAT WILL ALLOW FOR THE BEST POSSIBLE LIFESTYLE TECHNIQUES, CONTINUOUS IN PERSONAL AND PROFESSIONAL LIFE AND CONTENTMENT IN LIFE.

To Implement work-life balance and achieve harmony in the work place.

Step 4 - PARENTS

10 STEPS IN ACHIEVING UNDERSTANDING OF PARENTHOOD AND AN OLDER GENERATION behaviour patterns AROUND YOU- IN ORDER TO ACHIEVE HAPPY AND CONTENT LIFE for your family and work- life balance.

Step 5 - YOUNGER GENERATION

10 STEPS IN UNDERSTANDING how young people and children can succeed and thrive for themselves, enabling parents stress free and enjoyable parenthood.

- Establishing empowering relationship dynamics
- Becoming more mindful, present with your family.
- Resolving long term traumas.
- Create a Fun and Healthy family Environment.
- Family and kids and work - balance act

WHO IS IT FOR?

- Companies to improve employees contentment and wellbeing is an important part in increased overall productivity and company morale.
- For corporate teams and directors - to aid in stress level decrease,
- For individuals to better managing their state of overall life satisfaction as well as life/ work balance.

WHAT IS INCLUDED?

The course includes:

- 5 One hour coaching sessions
- A hard copy of the supporting book '50 Colours of HAPPY and how to achieve it'.



HOW MUCH?

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