

MAXIMISE

PERSONAL COACHING PROGRAM

The Maximise program has been designed by Reconnect Mental Health to identify areas in people's lives that they want to focus on and change. Over 6 sessions, it will help them explore their options and remove any obstacles to ensure they can make the changes happen.

The program has 3 components:

- **A personal coach-** To facilitate the process and meet for individual sessions over the life of the program.
- **Lessons and activities-** Over 6 coaching sessions, the 4 workbooks are designed to provide participants with the opportunity to reflect on their life and experiences; and to complete activities in between coaching sessions.
- **Action plans-** These are to be facilitated by the coach and developed at every session. Generally there will be 2-3 actions that the participant is going to take in between coaching sessions.

These 3 components are designed to combine to serve several functions:

- **To give new focus.** Expand people's view on what is possible and help them understand their potential. This involves exploring how to make better use of their own resources while increasing their focus on the 'right' things.
- **To notice strengths and skills people already have.** Help people 'see' new possibilities while placing it within a system of strengths and skills that already exist. It involves building confidence and momentum.
- **To provide people with a clearer picture of themselves and their future.** Tools for reflection and at the same time see if there is something in their life that they want to introduce, reinforce, or change.

For information on how Reconnect Mental Health can run **Maximise** with some of your students please contact;

Robert or Michelle
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- need some direction and a plan for success to get to where they want to be
- experience times when they wonder what they are doing and where they are going
- want to make the most out of life but don't get around to the things that are important to them
- want to make the important dimensions of their life work better
- want to balance aspects of their life

why

