

COACHING 2

MANAGING MY LIFE – MANAGING MYSELF

- 10.30 am Welcome and technical tips from Jeremy
- 10.35 am Meet your Buddy Group (5 mins)
- 10.40 am *Four Score Years and then...*
Video: Interview with Julia
Reflections
Understanding our Brains
- 11.22 am Buddy Group (15 mins)
- 11.37 am Break (10 mins)
- 11.47 am Questions and Comments
- 12.02 am *Video: Interview with Stephen*
Reflections
What stops us?
- 12.30 pm Buddy Group (5 mins)
- 12.45 pm Questions and Comments
- 13.00 pm Lunch**
- 13.40 pm *Video: A Female Perspective: Interview with Katy, Morag, Angie*
Reflections
Making changes
- 14.30 pm Buddy Group (15 mins)
- 14.45 pm Break (5 mins)
- 14.50 pm Questions and Comments
- 15.00 pm Say Goodbye to your Buddies (5 mins)
- 15.05 pm Courses and Resources
- 15.15 pm Finish