

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	Session 1
	Four Score Years and then...
10.55 am	Interview with Julia
11.02 am	Reflections
11.07 am	Session 2
	What works best for me?
11.22 am	Buddy Group (15 mins)
11.37 am	Break (10 mins)
11.47 am	Questions and Comments
12.02 am	Session 3
	Interview with Stephen
12.10 pm	Reflections
12.15 pm	Session 4
	What stops us?
12.30 pm	Buddy Group (5 mins)
12.45 pm	Questions and Comments
13.00 pm	Lunch
13.40 pm	Session 5
	A Female Perspective: Interview with Katy, Morag and Angie
13.53 pm	Reflections
14.15 pm	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