



Reach Your Peak

Ask yourself...why coaching?

Do you have that niggle, a feeling that something has to change, something that keeps you awake in the early hours or takes your focus away from where it should be?

Day to day, think about the vision you have for your own life and for your business, is your external life reflecting what you internally want?

Where is your starting line?

Can you imagine yourself in 6 months' time after taking action today – How does it feel? Or do you remain where you are, with that niggle, just sitting there...not shifting.

Want to see what happens when action takes place?

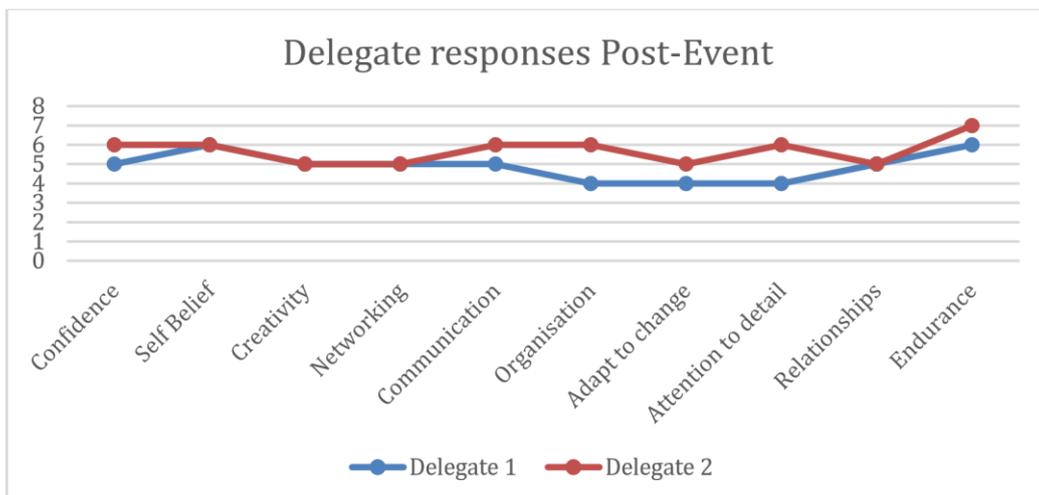
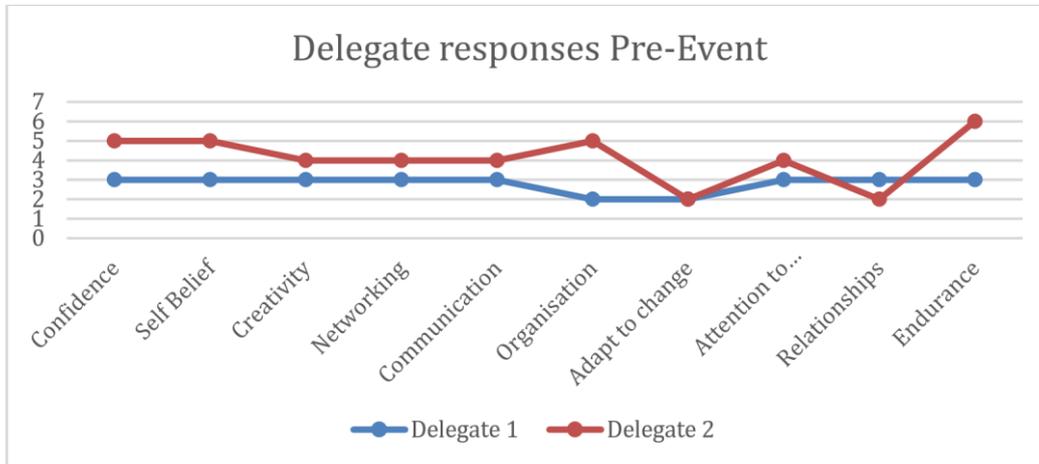
In September 2018, 9 extraordinary delegates took part in the inaugural 'Reach Your Peak' event. This event contained three intensive days of personal development, business coaching and guest speakers, followed by an endurance challenge which saw them climb 5 consecutive peaks in the Scottish Highlands over 44 hours with no sleep.

In the following pages we will look at key outcomes from a case study of 2 delegates who took part in Reach Your Peak 2018, both of whom work within the recruitment sector.

Business Skills

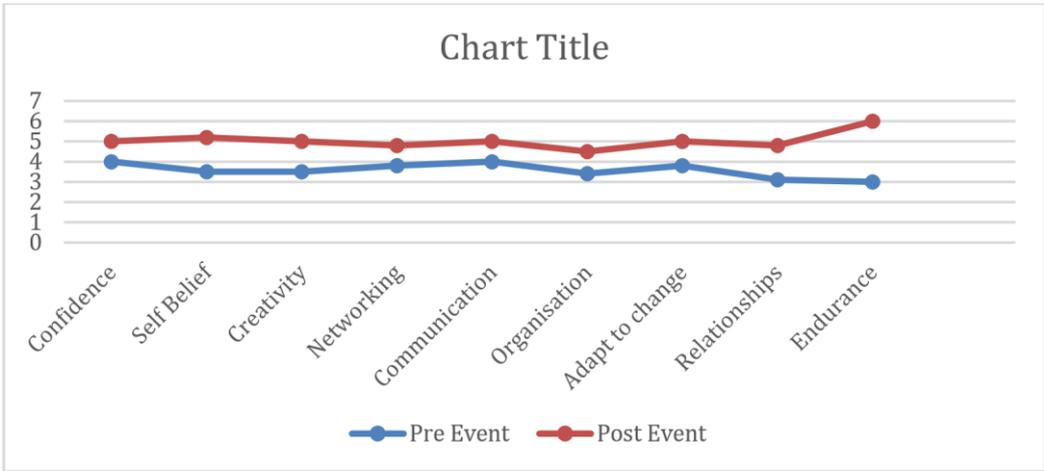
Before and After

We asked the delegates to honestly measure themselves on the following business skill, before and again after the event.



What we see here is a significant shift in self-belief, and more than that, a personal recognition of their own skill and abilities that they had previously felt lacking in, or simply did not see as strengths. In just 5 days both delegates return to their working environments with a **+100%** increase in adapting to change, attention to detail and communication skills, plus an average **+75%** increase in organisation and networking. Can you imagine the impact this would have on you or your teams?

How does this compare with the average of all the delegates?



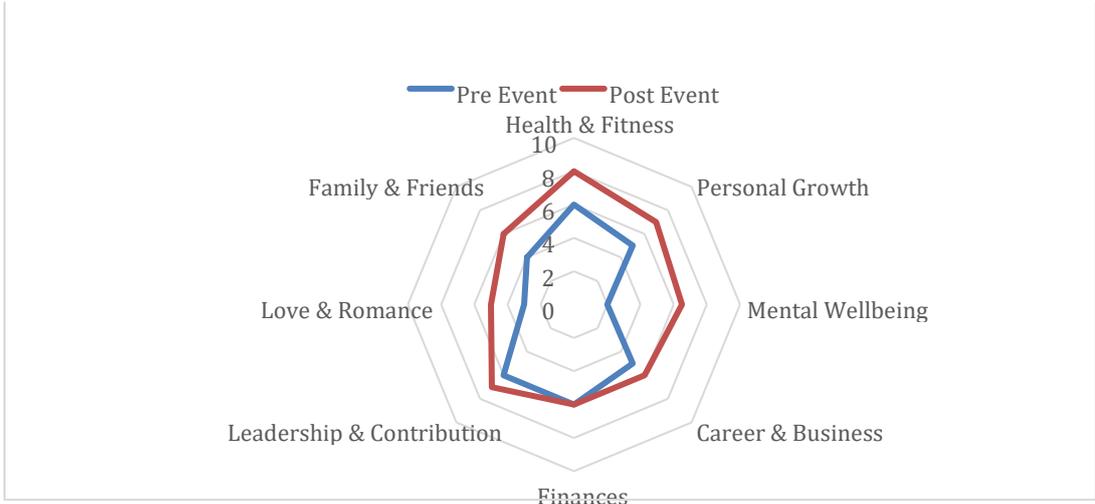
Personal Life

The delegates took a Wheel of Life assessment before the event and after the event. The purpose of this assessment is for the delegates to honestly measure key areas within their personal lives and their satisfaction, comfort or effectiveness in them.

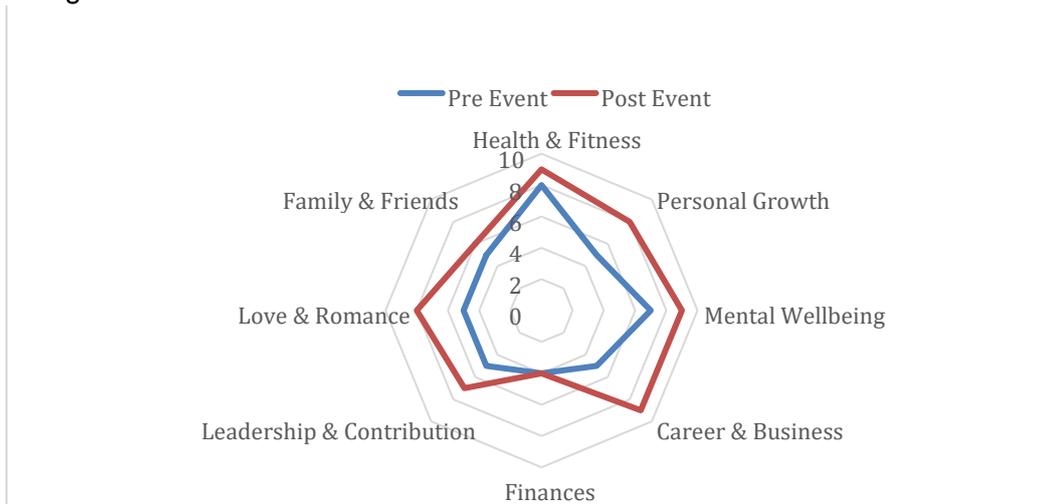
Questions:

- Health: How satisfied are you with your overall health, wellness, and the general state of your physical body?
- Personal Growth: How effectively do you meet and complete each outcome you set for yourself each day?
- Mental Wellbeing: How would you rate your overall peace of mind, emotional stability, and minuteto-minute psychology?
- Career & Business: How happy & fulfilled are you in your work and career?
- Finances: How comfortable do you feel about your financial situation - both current and future?
- Leadership & Contribution: How happy are you in your ability to lead, help and contribute to the lives of others?
- Love & Romance: How would you rate the overall quality of your current/most recent intimate relationship?
- Family & Friends: How would you rate the overall quality of relationships with your closest family and friends?

Delegate 1



Delegate 2



What we witness above is an opening of the mind, a shift from what they had perceived their personal life to be, and the true reflections now visible following their coaching and endurance challenge. Taking off the blinkers that prevent change, as they couldn't previously see the problem! This allows for further coaching in specific areas of pain for each delegate, to allow their coach to focus on areas to grow, align new strategies and bring further success to reflect those being gained in the business world.

Delegates quotes on their participation in the event:

"Intense but massively rewarding. Just sign up and go..... I never believed this could make so much change for me personally"

"This was a once in a life time experience....go in with an open mind and come out with a mind full of passion, drive, love & direction"

What you're seeing are results obtained through a short-term structure of: pre-framing work in the run up to the event, an intensive 3 days of personal growth and business coaching workshops, and 2 days in the mountains working as a team in an endurance challenge. This is then followed by aftercare sessions and the potential for each delegate to continue contracted business coaching and further embed both personal and business strategies and financial success

Can you imagine this for you? For your teams or for your company? What could be achieved in 6 months?

Ask yourself again – Does change matter?

Stevie Kidd Business Coaching and Strategy has the answers to that.

Contact emma@steviekidd.co.uk to take your first step to change.