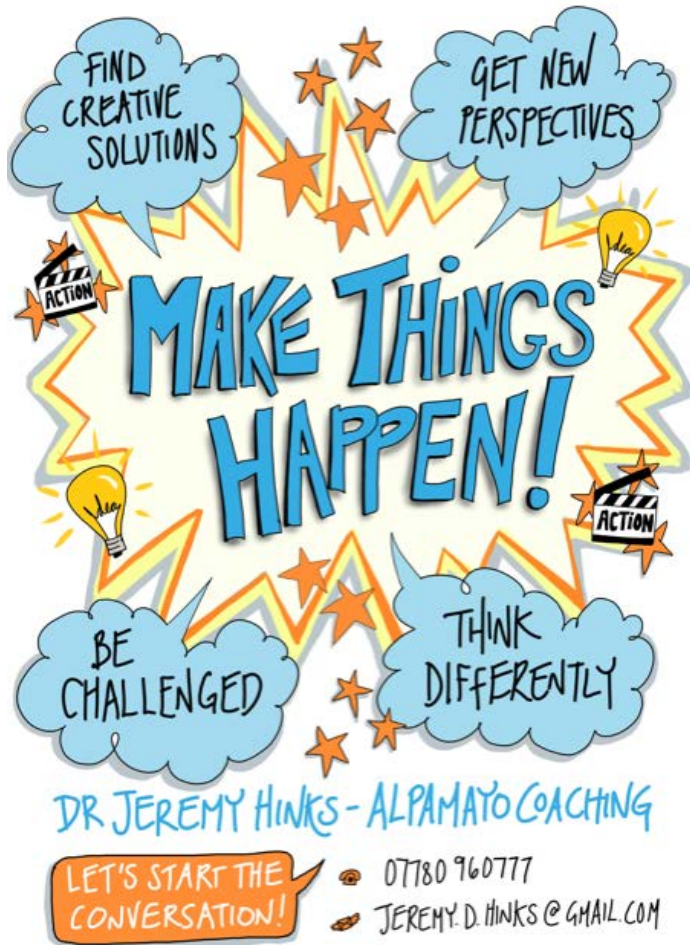


# RICH Thinking Programme

*Rejuvenated, Inspired, Confident, Happy*

David Lloyd Clubs, Southampton

November 8<sup>th</sup>, 15<sup>th</sup> and 22<sup>nd</sup> 2018 at 1900



## **RICH Thinking Programme – an Overview**

RICH Thinking is a free, 3 session programme offered by Dr Jeremy Hinks of Alpamayo Coaching Ltd and hosted at David Lloyd Clubs, Southampton. Each session is independent but related to the others. As a David Lloyd member you can choose to book onto one, two or all three. Sign up with the lovely DL staff at reception.

Rejuvenated-Inspired-Confident-Happy (RICH) is some of the language that David Lloyd Clubs use in describing their physical fitness offer. This language is as relevant to our brain's fitness and how we think and feel. RICH Thinking is all about having a closer look at how our thinking and feeling can be purposeful or derail us. The sessions will increase your awareness of self, and how you interact with others. There are three topic areas:

- (i) Adopting a coaching approach and its influence on your wellbeing;
- (ii) Finding your strengths and making the most of them;
- (iii) Understanding what lies behind your own stress response.

### **Session 1: Adopting a coaching approach and its influence on your wellbeing**

Coaching – there's a lot of it about these days and you may have heard of it in context with life, business or executive. But what is it? We can all get our head around sports coaching and hear regularly how good coaching leads to strong performance.

You might not be as aware that an understanding of the key principles of coaching has potential to be helpful to you. It will help with your self-awareness, your understanding of others and your reactions to them.

*Session 1 will showcase some coaching principles. You can have some fun trying them out and seeing how they will help you and those around you.*

## **Session 2: Knowing your strengths and making the most of them**

One of the things that makes us distinctive from other animals is our ability to form and sustain complicated social networks. Some species have a strong relationship within the family (as least for a time) while we humans relate in family, friendship and work-related groups. We relate to each other in person, and across an ever-increasing range of remote channels.

We each have our own behaviour patterns within our many different networks. We also have different strengths and skills, some coming naturally and some that we have to work at. A combination of all these factors influence how effectively we 'get on' with other people. How well we get on influences how we trust each other and how effectively we influence and collaborate with each other.

Given all of that, it's surprising how little time we spend thinking about what we a good at and how our behaviour influences our interaction with others. We are inclined to take it all for granted!

*In session 2 we will take a look at behaviour preferences and personal strengths. There will be the chance to find out more about your own and then understand better how you can use that information.*

## **Session 3: Understanding what lies behind your own stress response**

Stress and resilience have a very high profile these days. For some time stress has been recognised as the main cause of work related absence quite apart from being a factor in how well we manage our wider social networks. Resilience is our ability to recover quickly from an emotional experience. The quicker the recovery the higher the resilience. The higher the resilience the greater our ability to manage stress, or so the thinking goes.

Our stress response arises through the same mechanisms that come into play in the fight or flight situations our distant ancestors developed to ensure the 'survival of the fittest'. It makes no difference

whether you fear for your life as a tiger leaps through your window or you get annoyed as a colleague says something you don't like in a meeting. Physical and social threat are processed in the same way in the brain!

*Session 3 will include a look at the nature of our response to social threat and how that can lead to what we now call stress. You will have the chance to think about your triggers and the choices that you can make to ensure that they are less sensitive.*

## **A little about me**

My interest is in you! I enjoy helping people to hear their own thinking and to reflect on whether it is supporting their purpose. I have done this in many different ways during my 36 years of professional experience in leadership roles in the public and private sector. Now I run my own business delivering coaching and training. Both these approaches are about motivating people to be creative, to own their work, and to fulfil their potential.

I will challenge your thinking and help you see different perspectives. In the words of past clients the outcome will be that you will want to 'make things happen'.

You can find out much more about Dr Jeremy Hinks and the service that I offer at [www.alpamayocoaching.com](http://www.alpamayocoaching.com).

*I look forward to seeing you during the RICH Thinking programme at David Lloyd, Southampton! We can either start the conversation there or you could contact me direct using the form on my website.*

[www.alpamayocoaching.com](http://www.alpamayocoaching.com)

