



## **INSPIRING LIFE ONE WEEK PROGRAMME**

### **FREQUENTLY ASKED QUESTIONS**

#### **What Is This Programme?**

This programme is a unique personal coaching opportunity that combines living as part of a community for a week in a beautiful mountain chalet in the French Alps, being close to nature and walking through the mountains, and taking some time to think about yourself, who you are and where you are going in your life. The programme is run by a team of highly experienced life and executive coaches.

#### **Who Is This Programme For?**

The programme is designed as a personal coaching intensive for people who need some time to think, reflect or recharge. The alpine scenery, closeness to nature and mountain walks make this ideal for anyone who simply needs a break or a place to be still for a while. The individual coaching and facilitated group discussions make it a perfect environment to think about where you are going and what you want to make happen in your life.

There is no specific profile of someone attending a programme. In fact the diversity of people is one of the elements that make our programmes successful. Participants tend to come from professional backgrounds, and are typically open minded, and open hearted. They are people who are ready to be part of a community for a few days, to learn about themselves and the people around them, and to have some adventures. Our programmes have had participants who:

- Have come to think about their direction or choices, especially when their lives and career are at a transition
- Have come as part of their own professional development
- Or who are simply there for a break to recharge their mind, body and spirit

#### **Who Runs The Programme?**

Inspiring Life was set up by [Ben Clayton-Jolly](#), who will be running these programmes. There will be a total of three coaches on each programme, and one additional person taking care of the logistics and food, for up to 10 participants. The coaches are all [highly experienced life coaches](#) who have also worked for many years as executive coaches within organisations. All the coaches share the same [common values and philosophy](#) but have complementary coaching styles, enabling participants to benefit from a variety of approaches and coaching styles.

## **What Does The Programme Involve?**

The programme is typically based around spending half of each day around the chalet and half of each day trekking through the local mountains, and valleys, in mixed ability groups. This programme will adapt depending on the weather and what is happening in the group. Our approach is relaxed and as much as possible based around you, and your needs, so that you have the choice whether to participate in the group activities and treks or to spend time on your own. The coaching will also respond and adapt around your individual needs, and goals.

When at the chalet much of our time will be spent as a large group. This will involve some sessions to introduce some ideas and tools, and to give you the chance to explore these. One, on the first day, will introduce everyone, establish ourselves as a community and help you get clarity on what you want from the week. Another will look in depth at helping you to gain more understanding of yourself, and the other people in your life, using Personality Type (you may have come across this as the Myers-Briggs Type Indicator). The third will look at how you manage your energy, in particular at developing your inner wisdom and intuition. These sessions will provide some ideas and exploration of the themes of authenticity, balance and purpose, which underpin our approach to living life to the full. The time at the chalet will also involve small group discussions, individual coaching and reflection. The chalet is a lovely environment to work in and wherever possible we will work outdoors. The lawn around the chalet has a spectacular view of Mont Blanc and the Chamonix valley and has been described by previous participants as the best seminar room in the world.

When out trekking we will divide into mixed ability groups and each day participants can choose what level of walk they want to join. There will normally be 2-3 groups. The region of Haute-Savoie is very beautiful and offers an endless choice of walks at valley level, through the mountain forests or above the tree line onto the peaks and ridges. The walks are on well established mountain paths and last for 3-4 hours.

You will also receive a specially designed journal for the programme, plus handouts and materials on Personality Type.

## **What Support And Coaching Will I Receive?**

Prior to attending your programme you will have the opportunity for a telephone conversation with a previous participant who will advise you on how to get the most from your programme and answer any questions that you might have.

Coaching on the programme will be sometimes as a group but will be mostly individual. An explanation of what coaching involves is on [our website](#). The coaches will be living with you at the Chalet for the duration of the programme and will be available throughout the day, and evening, to support you in getting the most from the programme. Some coaching sessions will be planned; many will be in the moment as we work with you to give feedback, advice and ask questions to help you achieve what you want from the week.

You will also have a one hour telephone coaching session with one of your coaches when you return back home after the programme. In addition, this type of experience tends to form a close network of people who know each other well and actively support each other after the programme.

## **What Is The Accommodation?**

The location that we use is designed to offer a remote wilderness experience that is simple and close to nature, but also one that is comfortable and relaxing. It is not a hotel but a traditional mountain chalet, which is at an altitude of 1300m above the village of Cordon in Haute Savoie, France. It is in a very remote location with a stunning view of the Chamonix valley, and Mont Blanc, accessible only up a steep dirt track, and which is surrounded by endless forests, rivers, lovely villages, and mountains peaks up to 2500m. The chalet was built in 1849 by the Bottollier family and is still owned by their descendants who have lovingly cared for it ever since. The three storey building now has electric power, two electric showers, a washing machine but no central heating, although there is an excellent wood burning stove in the main room if we need it. Water comes straight off the mountains. There is a total of five bedrooms containing a mix of single and shared rooms for 2 to 4 people. The showers are not ensuite. It is a beautiful location and has a wonderful mountain atmosphere. It is a special place. We will ensure that you eat well from a healthy, nutritious and balanced menu. The programme will be alcohol free.

## **What Does Living As Part Of A Community Involve?**

Finding our balance in life between being fully who we are and still connected to those around us is a key part of living a full life. Being part of a community as on this programme can be an invaluable way to reconnect to who we are and explore how we connect to those around us. It is also a very enjoyable, empowering and highly memorable experience. Participants normally comment afterwards on how much they have laughed during the week, as well as how much they have learnt.

On this programme there will be someone taking responsibility for logistics and the preparation of meals. However, he/she will need some help each day with preparing and clearing up. This will include sharing with basic domestic chores, sharing the cooking the evening meal and being of service to each other. We would ask that everyone helps out with these small tasks.

## **What Does The Programme Cost?**

The cost of a single room is £1495, of which there are two available. The cost of a room shared between 2 to 4 people is £1395. We will decide on the actual allocation to rooms depending on the male/female ratio once the course attendance is confirmed.

This cost will cover all your transport, accommodation, food and coaching for the week. It is exclusive of your flight to Geneva. You will also be required to ensure that you have your own travel insurance for the week.

## **What Have Previous Participants Taken Away From The Programme?**

This programme, and the many others like it that we have run for organisational leaders, have had a positive impact on everyone who has attended them. This impact is often very significant with people describing a range of effects from life enhancing to life changing. On a score of 1 – 10, where 10 was life changing, the average rating described by participants in 2008 was 9.13. This is even more significant considering that participants are typically professionals who have often already been on many previous learning and development programmes.

Like any experiential programme individuals describe different benefits. Feedback quotes from our programmes are on the website but some of the typical benefits that people have described are:

- Having had a very enjoyable, life enhancing experience that gave them renewed passion, belief and confidence for what life has to offer
- Increased self understanding about who they were, what was important to them and where they were going in their lives
- Increased understanding and awareness of other people
- Increased ability to live a life in balance and to have more energy
- A new circle of strong and important friendships

### **Is There Anything Else That I Need To Know?**

Some of the top tips from participants last year were:

- “Be curious/open and honest – at the very least be brave and have the courage to be totally honest with yourself. It is a safe environment amongst great people. The most value from this course is gained through honesty and trusting in yourself, gratefully accepting the times and generosity.”
- ‘Participate fully, remain open and let the experience unfold. You may be surprised!’
- ‘Be bold; be brave; be open; and ask for help and support.’
- ‘Be brave and dive in! The more you open up, the more you will get out of it.’
- ‘Be Honest, Be Open, Dig Deep - If you go along with an open mind and an open heart you will have a truly life enhancing experience. Challenge yourself, what is that burning question you have about yourself?... Ask it and trust!’
- ‘Flexibility and humour’

**If you have any other questions about this programme or the other coaching services that we offer please feel free to get in touch with us at [info@inspiringlife.eu](mailto:info@inspiringlife.eu)**