



INSPIRING LIFE WEEKEND 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 4 days 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

This programme will give you four days of intensive individual coaching completely focused on you. In the current climate of global change and uncertainty, it is not easy to find the space to recharge, reflect and think ahead. This unique mix of alpine retreat, individual coaching and group experience will give you that. It could be one of the best investments you have ever made in yourself.

Who Runs The Programme?

Inspiring Life was set up by [Ben Clayton-Jolly](#), who will be running these programmes together with [Liane Preston](#). In addition to the two coaches there will be an additional person taking care of the logistics and food, for up to 8 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?

Each day will typically be divided between individual coaching, trekking along alpine valleys and paths (on the middle two days), and facilitated group discussions. This programme will adapt depending on the weather. 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.

The programme is designed to allow you a balanced mix between your own individual coaching, group experience and time for you to talk, rest, walk and think as you need. The chalet, remote location and group size are perfect for this. 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 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.

What Support And Coaching Will I Receive?

Coaching on the programme will be based completely around you and your needs, be they professional or personal. An explanation of what coaching involves is on [our website](#). Some of this time will be in your daily individual coaching session with your allocated coach. In addition, 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. So whilst some coaching sessions will be planned, many will be in the moment as we work with you to give feedback or advice and ask questions to help you achieve what you want from your programme.

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 are 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 programme, 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 £595, of which there are two available. The cost of a room shared between 2 to 4 people is £535. 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 duration of the programme. It is exclusive of your flight to Geneva. You will also be required to ensure that you have your own travel insurance.

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 on our 2008 one week programmes 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 on last year's programmes 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