

Get a Grip – Personal Leadership for the 21st Century

Re-ignite your professional life - waken from the dream
and create your own destiny

Who is Get A Grip for?

Professional people in circumstances where they are expected to...

- Maintain impossible performance & strategies
- Survive bankruptcies
- Negotiate takeovers
- Be open to public scrutiny
- Re-orientate professional/personal relationship breakdowns
- Engage rapid expansion
- Be directional through indecision and loss of direction
- Remain resolute under public humiliation
- Resolve organisational confusion

It's your journey, your commitment and your organisation's success.
It's our commitment to create the opportunity...

Overleaf is a brief outline of the [Get a Grip](#) Programme:

Pre Programme

This Programme offers both space and time for investigation into your own personal journey toward greater professional competence. We will ask you to consider such fundamental questions as:

- Where do I currently stand personally and professionally?
- Where am I going?
- What is missing?
- What do I want to achieve?
- What's my intention?
- What are my underlying beliefs?

When you sign up for [Get a Grip](#) we will require a confidential profile: this diagnostic process includes an initial face-to-face meeting and research via 360° assessment, competencies, and any relevant professional and personal issues.

You will be expected to start a reflective journal in preparation for the forthcoming journey. This journal will take the form of a diary for you to develop your story and ideas to date, it can also include artefacts from your life that have significance to you such as photographs, reminders of important events, etc. We are interested in your understanding of your story to date – What shape has it taken? What is valuable to you? What have you collected around you that gives your life its current reality or appearance? From this process we would ask you to bring some of these elements with you on the journey.

You may also wish to undertake some coaching before the journey itself.

The Programme

Over a five-day period you will create your safe place – this place is to contain all you think you cherish, hold dear and give importance to. It's a construction of who and where you think you are in the journey of your life with all its challenges, wonder, disturbances celebrations and difficulties. The materials for this will come from the shore - the margin between the land and the sea, that ever-changing landscape. This place is the crucible for the changes you might wish to make, offering a deepening of perception and insight and the opportunity to let go of the illusions that have alienated you from who you truly are.

And then you will deconstruct this safe place.

Using all that this special place offers, you will be guided through a process of change and transformation, a process threaded with insights and possibilities that allows you to release any of your existing beliefs and constructs that appear outmoded on a journey towards greater self-understanding and personal reality. This is both a demanding emotional experience and vigorous intellectual exercise, drawing together your creative imagination and rational will.

Post Programme

This is designed to support you with the assimilation and integration into your working life of your experiences and learning from the Programme. It will help you with any rising questions and issues you might be processing.

There will be a minimum of 3 sessions (a combination of telephone and face-to-face, with the last meeting face-to-face). These 3 sessions will take place in the 2-3 months immediately after the Programme. During these sessions we will be working on how you are developing your insights and understanding into your working life.

We will also have encouraged you to return with some resonant artefact from the Programme that acts as a constant reminder of your intentions. We expect you to continue your journal throughout this period to reflect your redefinitions and rising intentions.

Who's Leading the Programme?



Jonathan Snell: Mentor And Professional Facilitator

Jonathan is affiliated to;

Change Management International
Pathways Polska

Embercombe Trust
Feeling Alive

Corporate clients include;

Unilever
Rabobank
Scottish Widows Insurance
Tetrapak
Hewlett Packard

Faraday Reinsurance
Royal Mail
Sheraton Hotels
Hilton Hotels
Bovis Lend Lease

Jonathan joins you to travel together on a journey of accompaniment. Whether to resolve difficulty or deepen understanding we work toward your inherent capacity to change your beliefs and behaviour. To move through the presenting challenges embracing the insights, the contradictions, joys and experiences that form your life. You and he find your way through your personal maze of assumptions, misunderstandings and habits towards your edges and greater understanding.

To do this Jonathan uses the stories of your life, the metaphors, the surroundings, the humour, the poetry, the shadows and pain that infuse human existence encouraging your creative imagination, to lift your visionary eye-line and rekindle your spirit. Jonathan has been accompanying people for 20 years and has led journeys both internal and external, exploring issues of personal potential, spirit and vision, change and development with individuals and organizations in the private and corporate sectors. Jonathan has studied Psychology, Psychotherapy, the Alexander Technique and Counselling. He is also a practicing Artist.



Paul Pinson: Creative Leader and Executive Coach

Paul's experience as a creative leader over the last 20 years has involved him taking disparate groups of people on journeys of discovery. His belief in potential and his exploration into the human condition and its myriad stories feed into his dual current practice as an executive coach and leader of an international performing arts company creating extraordinary projects in unusual locations.

More information on Paul at www.bright-space.co.uk/who-we-are/



Gavin Boucher: Site and Construction manager

Gavin manages a demanding career touring internationally in the entertainment industry as a technical and production manager, and pursuing his life long passion for nature and outdoor activities.

Gavin has been involved in a process of self-development for over ten years and has experience of men's circles, together with Shamanic and Native American rituals such as vision quest and sweat lodges.

Gavin is professionally developing his wilderness education and experiences.

Contact us:

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www.bright-space.com