



## *Future Directions Coaching Programme*

### **Overview**

Future Directions is planned to give real and practical information to young adults about who they are and how that relates to the future path they want to take. This program is designed to give insights into a young adult's natural abilities, how they learn best and what environment is most conducive to their well-being. Future Directions guides young adults through an eight step model, designed to provide valuable information to make exciting and rewarding future plans.

This program will not only leave young adults with an action plan for their future it will also raise their self-confidence and self-esteem.

### **Outcomes:**

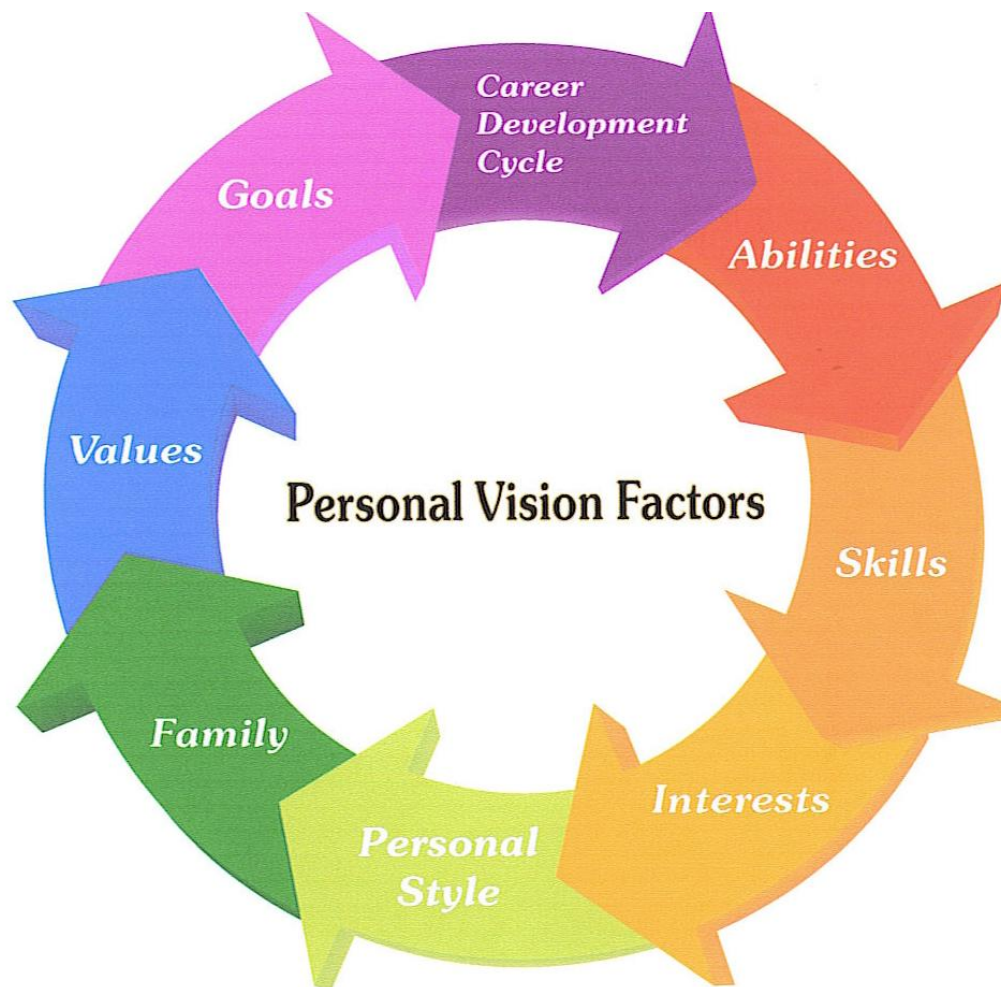
At the completion of the Future Directions Course the young adults will have:

- ⊙ Explored the following factors as they relate to a career/life vision: abilities, interests, academics, personal preferences, family career history and values
- ⊙ Built confidence and self esteem through the identification of their own unique strengths
- ⊙ Increased their awareness of who they are now and how they interact with the world
- ⊙ A greater understanding of their personality and the habitual patterns of behaviour that may be limiting them
- ⊙ Created a real and practical plan for their future
- ⊙ Learnt how to articulate to others what they are good at, how best to treat them and what environment suits them best.

## The Process

The Future Directions program is offered in the following format:

1. The young adult will complete the Highlands Ability Battery online. This assessment takes 3 hours on line and can be done over a number of sittings. We suggest allowing 3-5 days for the completion of this part of the program.
2. Once the assessment is complete a 30 page report will be generated and feedback with the young adult, will be given in the first 90 minute coaching session
3. Following will be 9 one hour coaching sessions, over 4-5 months with the young adult and the coach working on their personal vision. See the wheel below



4. Before each session, the young adult will be required to do the preparation work in their binder. Similarly, after each session, they will need to complete the observation work.

## Your Investment

Includes:

- ⊙ Highlands Ability Battery assessment
- ⊙ 30 page report
- ⊙ Personality Assessment
- ⊙ 1 x 90 minute coaching session
- ⊙ 9 one hour coaching sessions
- ⊙ personalised coaching binder that can be used to increase momentum after the coaching is complete
- ⊙ ongoing phone and email support in between sessions

Full program cost if paid up front: \$ 1680.00

Instalments - 3 x \$615.00 : one prior to the assessment being taken, one after session 3 and the final after session 6

## Contact

Any questions or want to talk with someone about this?

Please call Tracy Tresidder on 02.9924.7078 or email  
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