



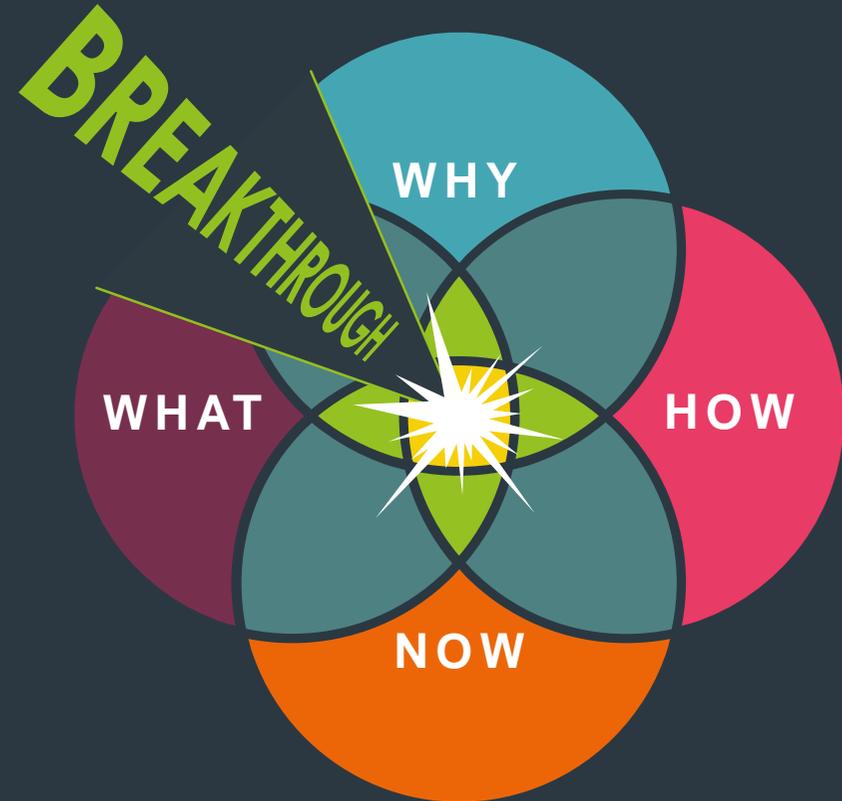
BREAKTHROUGH



TRANSFORM COACHING
CREATING HAPPY PEOPLE

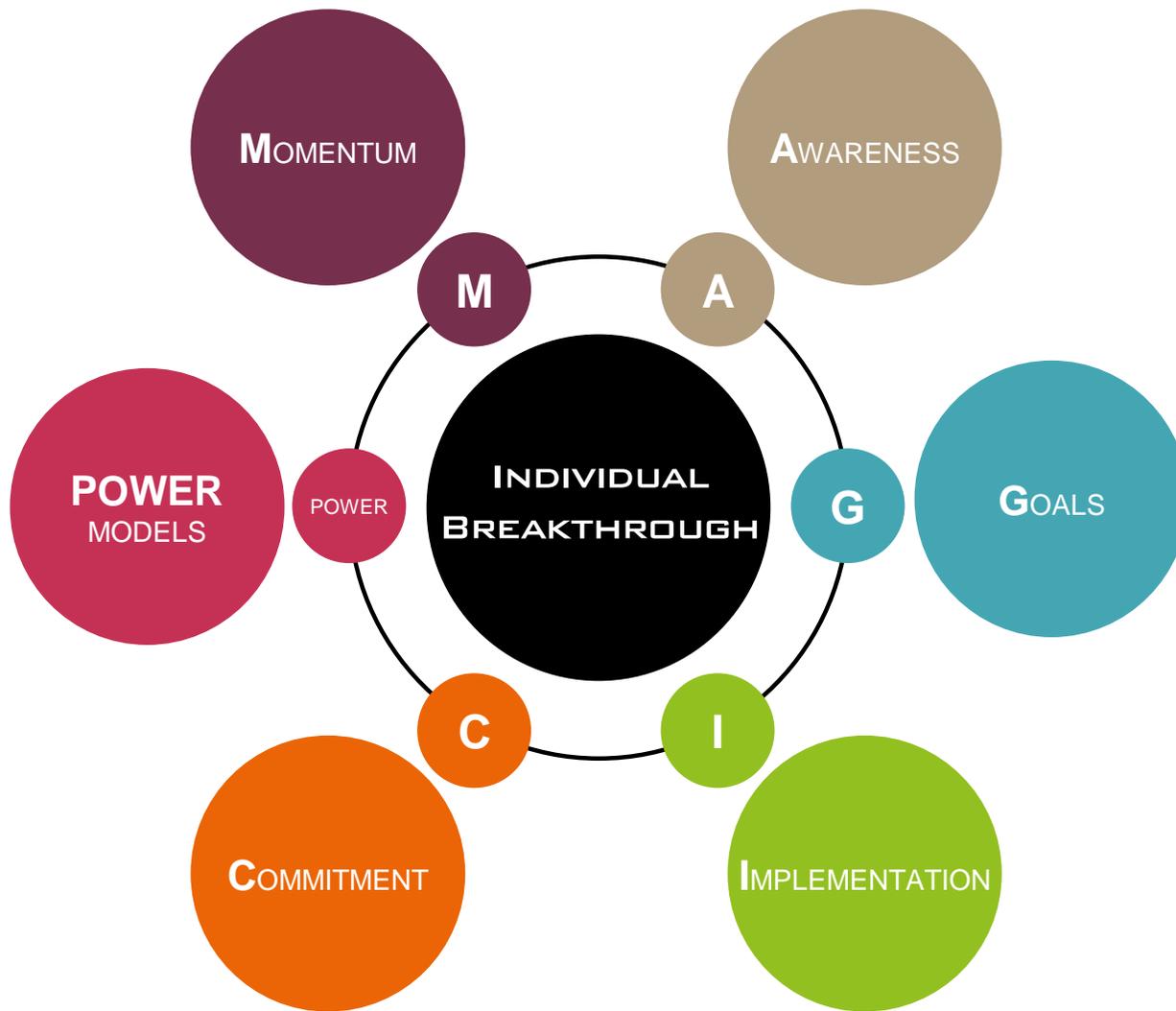
Use Transform's proven method to discover your ultimate career transformation.

Find your WHY, clarity on WHAT, understand HOW and gain confidence to progress NOW!



A step-by-step process to find
Purpose, Connection and Excitement

Transform's Breakthrough



YOUR MAGIC POWER SYSTEM

- Individual Breakthrough is a program to enable a truly personal connection with your career path
- To better understand yourself is personally compassionate supports well-being and fulfilment
- Across the four WHAT, WHY, HOW NOW modules we cover six pillars of focus
- Unlock your potential with your **MAGIC Power**



“Find purpose, connection & excitement again”

Our coaching process provides a holistic approach to support career development..

It takes commitment and effort to transform your life. A combined effort on both your thinking and actions will lead you to the right pathway and to personal growth.

Many existing support programs focus on practical elements. While we do provide practical support our approach also offers coaching for personal growth and development.

We help individuals find their purpose, gain clarity on the best next career move, share the the practical steps to get there and give the confidence to progress.

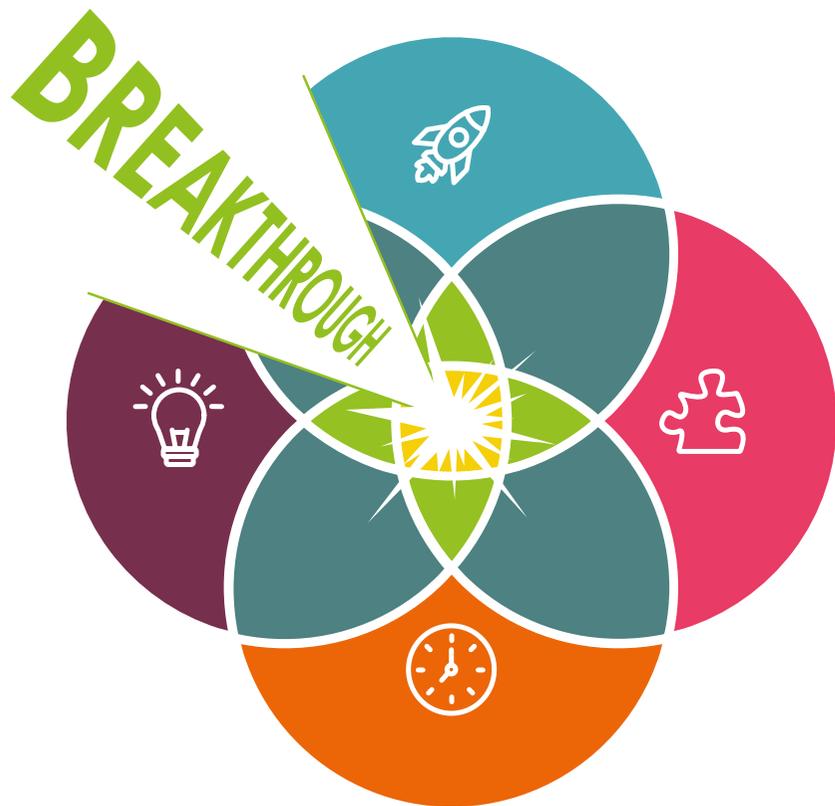
How does a person assess what they really want to do, that will be enjoyable, and give them fulfillment?

This approach enables you to get in touch with your values and what excites you as you dig deep and increase your self-awareness.

We perform several rounds of guided brainstorming identifying what is really important to you.

Our proven process supports the development of a clear plan for the next stage in your working life, and ensures it is the right thing.

“ While on my own career change journey from Procurement to Life Coaching ... I developed the 'Why, What, How, Now' method! The 'What' was always an obvious pillar of focus but then I realised defining the 'Why' and having a purpose was key in holding me back. Miles ”



What

A process of self-awareness and reflection on values, interests and desires. You find out what you truly want. You draw on existing skills and experience and move towards a motivating goal.



Why

Really get to know yourself and feel proud and excited about your strengths and purpose by developing your personal brand for huge energy.

Start your progression by creating a positive platform of where you are now. Build a personal development mindset.

You will explore exciting new career options with no limitations.



How

You have a step-by-step process of how to get there.

The time plan is accelerated but realistic.

The planned tasks and personal accountability are all in place.

You have started or are preparing to develop new skills, qualifications and experience.



Now

You learn how to work around distractions and create self-development time.

You will create the belief you need to move forward with your chosen career path.

You develop personal awareness, coaching strategies and improved behaviours.

Typically people don't move forward with their career because:

- They don't know what they want
 - They don't have a clear purpose
 - They don't know how to get there
 - They lack the belief they can
- ▶ What – A clear career path
 - ▶ Why - Purpose which creates energy
 - ▶ How – A clear staged plan
 - ▶ Now – Having self-confidence

SAM: Our Self Awareness Model



So how does all this fit in with career development? Any transformation requires an open attitude to learning and development; this applies both to specific skills and qualifications as well as to personal growth.

That is huge. That is growth.

To rapidly accelerate a career and create belief and certainty, you need to develop a structured plan – but ahead of that it starts with the mind.

Focusing on self-awareness and personal needs will give broad by-products across many areas.

Here are some questions we ask you to reflect on:

How can you support yourself by developing self-awareness?

How can you make yourself happier by understanding your negative thoughts and challenging them?

Can you better understand how your mind works and start thinking about your thoughts?

Can you understand your thoughts and consider how well they serve you?

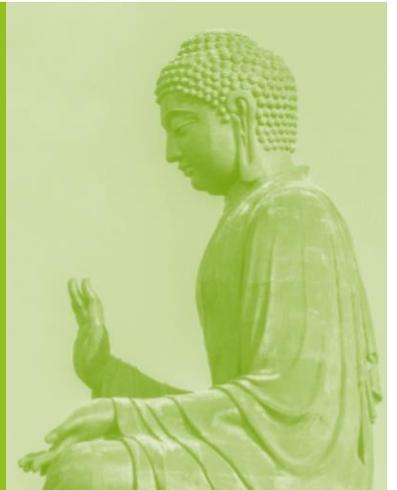
Would you ask yourself “How does this thought make me feel?”

How can you learn to use your singular human ability of consciousness?

Your actions create your results, but it all starts with the mind and your feelings. You can learn how to stop and influence your thoughts and feelings to better serve your purpose and your goals.

Knowing others is intelligence.
Knowing yourself is true wisdom.
Mastering others is strength.
Mastering yourself is true power.

Lao Tzu





Setting powerful goals

This is our proprietary **DRIVES** method to build a well-formed rock solid goal.

Test the goal!

Detailed – Does the goal give specific dates & outcomes?

Resources – Do you have everything you need?

Impact – Will it really give you what you want?

Vow – Are you able to commit strongly?

Energising – Does it make you feel huge excitement?

Situation – Does it fit into the context of your life?

It is not just about being on a meaningful road. When setting out to explore options, the first and best advice we can give is to focus on self-belief. Once you recognise everything you are capable of, options present themselves.

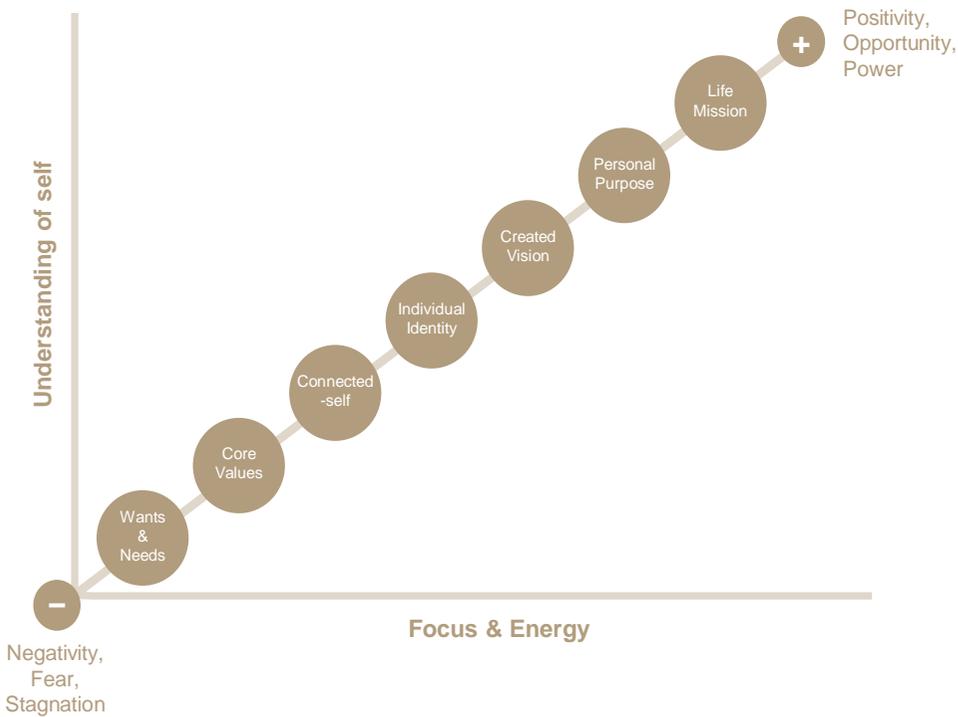
We then look within for what you care about and capture it in your plan. It makes it far more likely to succeed.

We follow a keen respect for current obligations and a careful planning process. We take the time to work through your transition, week by week. Managing finances is key. Image is also vital and well as how you position yourselves to others. This determines the impression created, whether trying to start a business, move forward, or seeking a change in role.

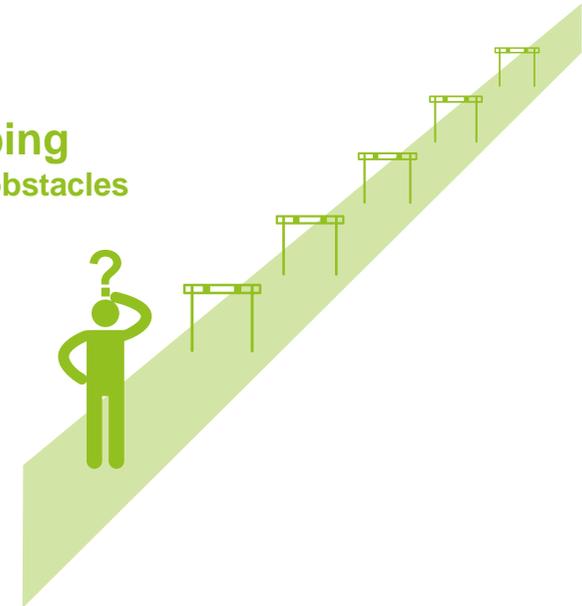
Coaching Models

A selection of the models from the course. There are 40 in total that we use on Breakthrough

Personal Power Structure



Barrierscaping – Overcoming obstacles



Becoming bulletproof



A mindset of strength and plenty, clearing the way from interferences, and able to withstand adversity

COMMITMENT – M.A.D.E. system

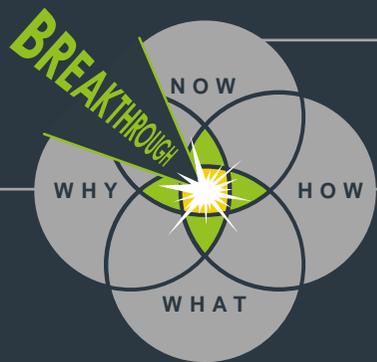


Mantra decision

Accountability

Detailed planning

Evolve



1

2

3

4

AWARENESS

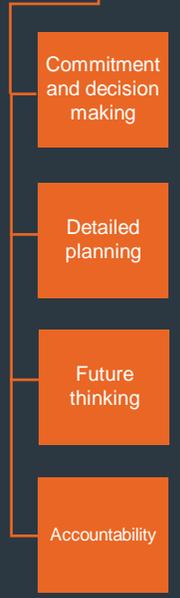
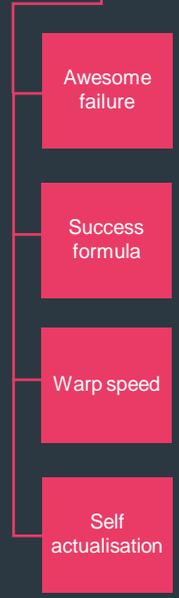
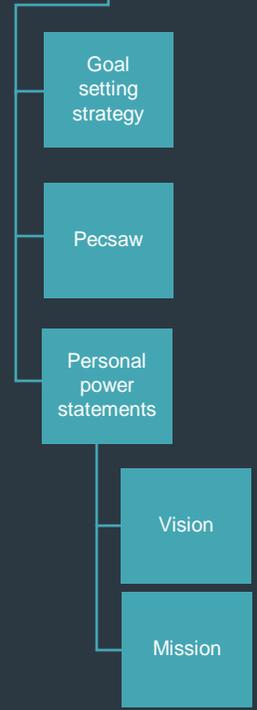
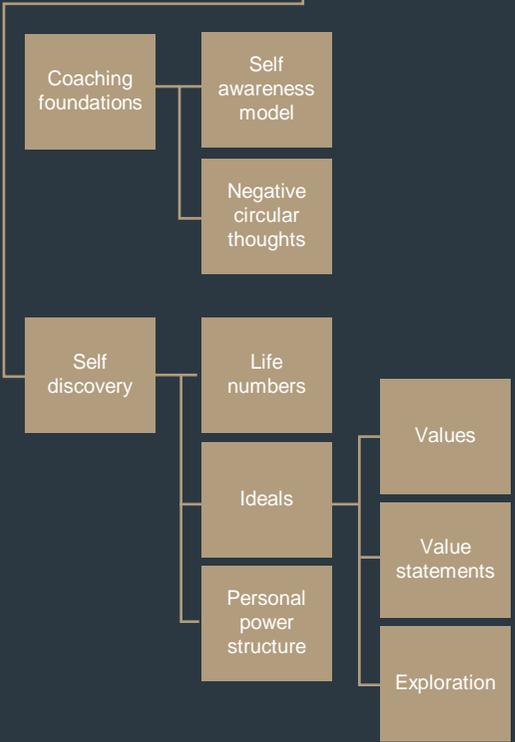
MOMENTUM

GOALS

POWER MODELS

IMPLEMENTATION

COMMITMENT



What does a coaching program look like?

- We deliver a mix of group and individual sessions. We work closely with you to focus the development according to where the greatest needs sit.



Program sequence

Testimonials

“ It was a great experience. I really learned a lot about myself and how I can use that going forward. ”

PHILLIP

“ I would absolutely recommend the course to anyone especially if you are looking to make a change. ”

DUNCAN

“ The Breakthrough course really helped me re-assess my priorities and establish what is important to me. ”

GILES

“ It wasn't until I went through this program that it all came together. ”

MATTHEW



TRANSFORM COACHING

MILES MATHER



Miles has delivered work for a long list of companies across many industries: McCann Erickson, Comet, BAA, Amex, Lloyds TSB, Vodafone, Barclays, Britvic, BBC, IHG, Fitness First, Bicester Village, HSBC, NBC Universal, Astellas Pharma and Just Eat.

Miles has several advanced coaching qualifications and is completing a diploma in modern applied psychology.

He also has a degree in Marketing and French, and speaks Spanish.

He is a keen ultra runner.

NICK QUINTON

We also have one other coaching principal, Nick Quinton. Former paratrooper and specialist paramedic, Nick has a unique understanding of leadership, team dynamics and performing under intense pressure.

Previous consulting roles have seen Nick implement global business change programs across a number of top-tier banks.



Nick also runs a performance coaching practice and delivers group coaching sessions to GP surgeries to enhance leadership and team dynamics, to produce a more productive and happier workplace.

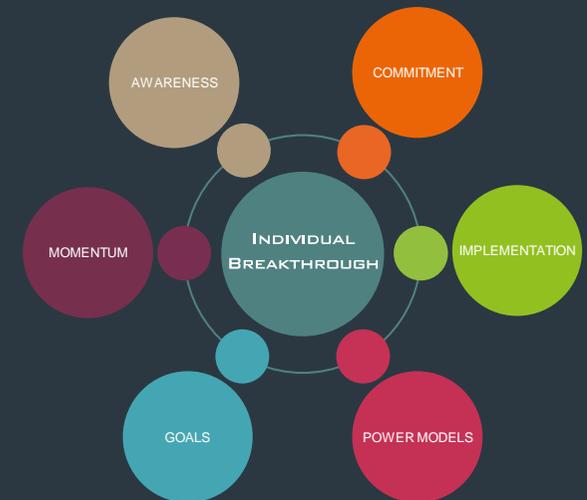
“ 86% of companies report that they recouped their investment in coaching and more. ”

International Coaching Federation

WATCH VIDEO TESTIMONIALS HERE:

<http://bit.ly/breakthroughquickvideo>

OUR CORE PROGRAMS



THE MENTOR LEADER

AUTHENTICITY
INCREMENTALITY
MINDFULNESS

OUR PILLARS OF FOCUS

COACH	AWARENESS	GUIDE	AIM	TRANSFORMATION
the coaching continuum	in the moment interaction	show not tell	of relationship professional development	cognitive behaviour