

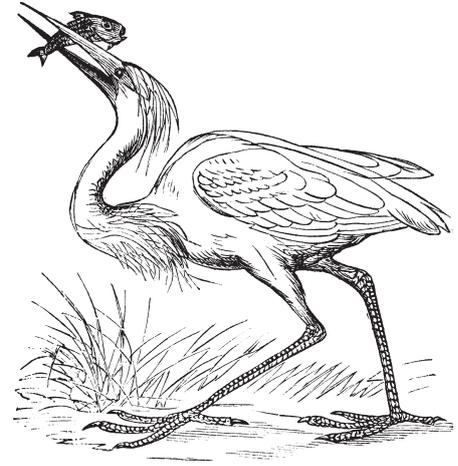
# A Walk in the Park

An invitation to a Focus Day with **Balance Matters**



< Herons are motionless when focussing on what is vital for them to thrive. They stand still. Once focussed they rarely miss their target.

From standing still herons move swiftly to action. It is a precise and determined movement.



Standing still can provide the perfect perspective for seeing greater possibility and choice. During the Focus Day you have quality time and space to pause, providing a deep dive coaching experience to clarify what is vital for you to thrive.

After a Focus Day clients are amazed how fast they move to action. It is easy to lead when your vision is clear and compelling. It is easy to follow a leader who has a vision. It becomes contagious.

If you are a leader who wishes to create a vision for yourself, your team or your organization then this is for you.

You will have:

- **TIME** to access fresh thinking on ideas that matter
- **SPACE** to explore strengths and values-based leadership
- **ROOM** to remove beliefs or behaviours to give you a clear horizon
- A peaceful **PLACE** to seek out innovative ways forward
- **FREEDOM** to practise aligning head, heart and core for more effective action
- A **SANCTUARY** in which to resource yourself for the next steps

## Programme Flow

An initial exploratory call discussing preparation and logistics

The day runs from 10am - 4pm in a restorative environment surrounded by nature.

During the day you will experience a mixture of slow and fast paced research-based activities.

**Morning** – future-focussed generative conversation

**Midday** – walking in nature to access different and profound thinking on values

**Afternoon** - answering your key questions and creating a strengths-based action plan to progress your vision

**After the vision** - supportive follow up

Enjoy a 'walk in the park' – a Focus Day crafted exclusively for you.

“Thank you again for all your help! You have a wonderful ability to draw out exactly what is needed and you ‘get’ the issues/the personality. A real talent.”

CEO professional services practice

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## Balance Matters

Enriching your leadership adventure

