

## **Life Dynamics: Briefing for Practitioners**

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### A one-day workshop for coaching, consulting and Human Resource professionals

#### **Outline**

##### **Background**

- personal and leadership development and coaching: overview of trends and challenges – what works and what doesn't
- “success” definitions and strategies
- the philosophy underpinning Life Dynamics: life laws and the realities of personal change

##### **The Life Dynamics model**

- connecting life outcomes, goals and tactics: research/findings
- assessment tools: self assessment and 360° feedback
- pros and cons of self assessment and the opportunities and risks of 360° feedback

##### **Life Dynamics: Applications**

- when it should and shouldn't be used
- positioning within the coaching process:
  - early days: informing the agenda and identifying priorities
  - midway: working out what is helping or hindering progress
  - post the “formal” coaching process to reinforce learning and maintain momentum for personal change
- leadership development, the “authentic leader” and the work life balance
- group based interventions and career workshops

##### **Interpretation and the Debrief Process**

- making sense of the report format and identifying key themes
- putting the results into context
- managing the feedback process: principles and practicalities
- next steps: facilitating development planning around strategic self management

##### **Conclusions**

- outstanding issues
- options on using Life Dynamics: on line bureau service or devolved account administration
- getting up to speed quickly