

# MAKING SPACE FOR GROWTH

A 10 WEEK LEARNING & DEVELOPMENT PROGRAMME TO **INSPIRE AND EMPOWER CURRENT AND FUTURE LEADERS IN CLIMATE AND HEALTH.**



**The Circular Life**  
for a different kind of business



Nurture and mature leadership qualities through **coaching-inspired practices and neuroscience-backed techniques.**



Evolve and impact **Green Plans** and programmes through structured theory, experiential learning, and takeaway tools and exercises.







Give space to **connect, share, problem-solve and innovate** with group coaching, introspection and empowerment.



Be guided by an experienced facilitator and coach with **15 years experience working on sustainable development and change programmes.**

# WHO'S THE PROGRAMME FOR?

If you are working in NetZero or climate and health within a hospital trust, ICB, Local Authority, GP, non-profit, or medical association, and one or more of the below resonates, this programme is for you!

-  You work in a sustainability, climate and health or NetZero role and are stepping into leadership or a more senior position.
-  You feel unconfident reaching outside your echo chamber to help other teams and departments change behaviours and create climate-positive action.
-  You feel anxious or overwhelmed by the complexity of the climate and health agenda and want to build self-assurance in your work and confidently lead climate conversations and activities.
-  You often feel like a lone worker on your programme and want to connect, be inspired, and develop alongside your peers.



**TRAIN YOUR  
INTERNAL COMPASS  
TO DEFAULT TO IMPACT**



**MEET NETZERO BY 2040.**

**SAFEGUARD OUR CLIMATE,  
RESOURCES AND ECOSYSTEMS.**

**PROTECT HUMAN HEALTH  
AND WELLBEING.**

**FUTURE-PROOF HEALTH  
AND CARE SYSTEMS.**

We need **robust and inspirational green leadership embedded throughout our organisations and partnerships** if we are to rise to the vast and complex challenges ahead, and **transition towards local and global climate-positive systems** and infrastructures.

We've met hundreds of **passionate, skilled and knowledgeable individuals** leading and delivering green programmes within health and care partnerships. For many, their **reach and impact could more than double** if we invested in their development.

A cookie-cutter approach does not shape impactful and inspiring leaders. Instead, we **nurture emotional intelligence, remove blocks to confidence and allow authenticity to shine**. These 'softer skills' are practised, experienced, supported and empowered.

To accelerate the movement, we need to **provide our green and future leaders the space, time and tools for growth**.

# HOW DOES THE PROGRAMME WORK?

## SIX curated workshops

Combining learning from neuroscience, behaviour change and culture change research, coaching theory and practice and insights from 15+ years delivering sustainable development and change programmes.

## THREE themed group-coaching sessions

Creating a space for you to connect with your peers, share challenges and insights and be guided to solutions in a supportive environment.

## ONE 1-2-1 coaching session,

to access at any time throughout the programme you feel you need a little BESPOKE support.

## ONE planning and development session

To continue self- and peer-development post programme.

Throughout the 10-week schedule, we will **discover, evaluate** and **train cognitive and emotional intelligence**, exploring:

1. Self-awareness
2. Self-regulation,
3. Aptitude towards growth (and what's getting in the way)
4. Social awareness and empathy, and
5. Fostering effective relationships.

The workshops are curated to help you **learn the theory**, and then **experience the learning** through practical exercises and applications.

Many of these exercises, along with the coaching sessions, are designed to help you **evolve your Green Plan or programme**.

Each week we will share takeaway tools to support your self-exploration and **encourage incremental growth**.

The supportive and interactive group environment, led by a **trained coach** and **experienced sustainable development practitioner**, is affordable, connected and full of inspiration.



# NEW DATES: PROGRAMME DURATION 25TH JANUARY 2023 - 3RD MAY 2023

## PART 1

**01: MAKE SPACE TO GROW**

WED 25th JAN 11.30 - 13.00

Commit to your growth. Learn to create robust new thought and behaviour patterns through reflection, redesign and carving out space for development.

**02: LOCATION & DESTINATION**

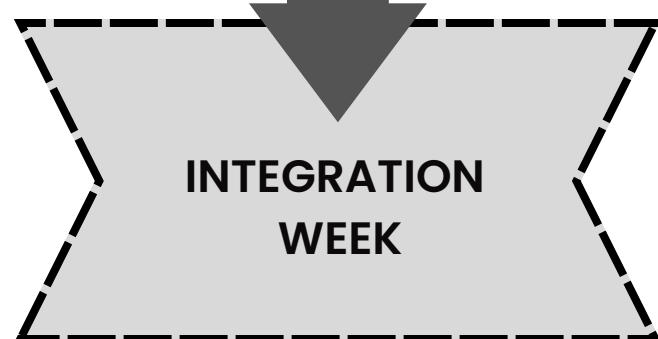
WED 1st FEB 11.30 - 13.00

Explore your leadership qualities through an emotional intelligence lens. Set the ambitions for your own development and for your Green Plan or programme.

**1/3 THE ART OF BEING COACHED**

WED 8th FEB 11.30 - 12.30

How to gain the most from being coached. Learn to share, let go of stress, communicate challenges and be guided to solutions in a supportive and empowering group environment.



## PART 2

**03: UNPACKING YOUR MINDSET**

WED 22nd FEB 11.30 - 13.00

A neuroscience perspective on how we think, feel and act. Use this insight to adapt how you engage and communicate and shape how you lead your Green Plan or programme.

**04: GROW & LEAD YOUR NETWORKS**

WED 1st MARCH 11.30 - 12.30

Learn from culture change theory and explore how to engage for impact. Reach outside of your echo chambers and build robust new climate and health networks and partnerships.

**2/3 REFLECTIONS & GROUP COACHING**

WED 8th MARCH 11.30 - 13.00

Reflect on your green programme, ambition, and leadership approach for 2023. Share challenges and be guided to solutions in a supportive and empowering group environment.

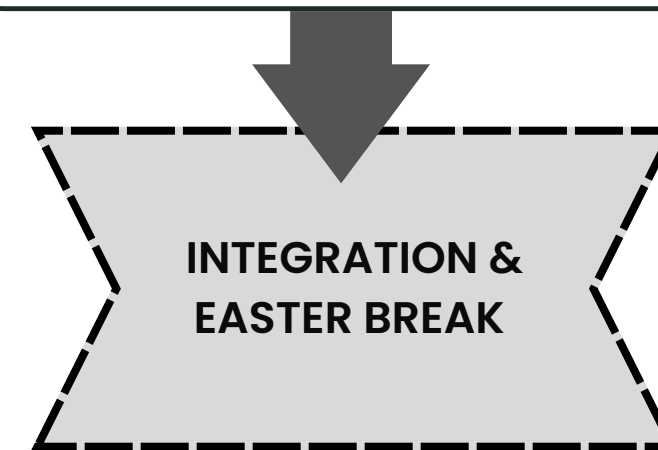


## PART 3A

**05: VERTICAL DEVELOPMENT**

WED 22 MARCH 11.30 - 13.00

Reframe your relationship to growth and development. Learn to nurture qualities rather than see them as weaknesses. Explore and improve cognitive and emotional sophistication.



**1-2-1 COACHING SESSION (1HR)**

Book this bespoke session at any point during the programme where you need a little extra support and guidance.

## PART 3B

**06: HELPING PEOPLE CHANGE**

WED 19th April 11.30 - 13.00

Cultivate climate-positive mindsets and enable others to act. This session leans on culture-change theory and helps to develop practical action within you Plan or programme.

**3/3 PEER-COACHING & ACTION LEARNING**

WED 26th APRIL 11.30 - 13.00

Learn the techniques of Action Learning Circles and start your own peer-coaching support network. Includes tools and templates.

**PLANNING THE ROAD AHEAD**

WED 3rd MAY 11.30 - 13.00

Shape and peer review your leadership development plans for the next 3-6 months. Get set to lead your work in climate and health with confidence, inspiration and pride.

## MEET YOUR COACH, FACILITATOR & GUIDE



**Hello, I'm Briony Pete.  
Founder & Director of  
The Circular Life**

I'm an experienced strategist, coach and facilitator with 15+ years supporting people and organisations to design and experience the change they want to see.

Formerly a consultant in sustainable development, I retrained as an Executive Coach to help my clients to deliver lasting impact for themselves – this means building the knowledge and innovation INTO the organisation, rather than bolting it on.

I specialise in green and social impact, climate and health, leadership development, meaningful collaboration, culture change and being human in the workplace.

I believe life is for living, and 'work' can be full of life! I bring a sense of playfulness and curiosity into my programmes because humans learn faster and with greater results when having fun (science fact!)

### **Certificate of Coaching**

- Executive Coaching  
Cambridge University ICE

### **Neuroscience of Change**

- Coaches Training  
Coaches Rising






## THE CIRCULAR LIFE

**We are coaches, strategists and engagement experts and the guides in your transformation journey. We help people and businesses transition towards a future we can be proud of.**

- We are experienced facilitators and evolving consultants; who retrained as coaches in recognition that doing the work for clients did not lead to lasting change or impact.
- We focus on developing and empowering people, teams, and partnerships to think and act differently for lasting change and impact.
- We've been supporting the NHS and health and care partnerships for over 10 years in their green, social impact and sustainable development journeys.



## OUTCOMES & BENEFITS

-  Learn the **art of reflection** and how to **build effective feedback loops** into your green programs, and personal growth plans.
-  Stimulate awareness of your qualities, strengths and areas for development, **build your emotional intelligence**, and **set out clear pathways** for where and how to grow.
-  Employ **theory and insights from neuroscience, culture and behaviour change** through practical exercises that will expand the impact of your green plan programmes.
-  **Strengthen how you engage** and communicate with peers and colleagues.
-  Learn how to **support and enable others** to cultivate climate-positive mindsets and **motivate them to act**.



## WHAT OUR CLIENTS SAY ABOUT US

""(Working with) the Circular Life is fun, engaging, supportive and collaborative, and added real value and direction to our work"

"Warm, encouraging coaching, personable, made it easy to engage and step out my comfort zone"

... a safe and stimulating learning environment through sharing knowledge and insights and their warmth and compassion, together with very skilful facilitation"

## A COACHING APPROACH TO GROWTH & DEVELOPMENT

Leading change can feel like a precarious balancing act. Even with a Plan or strategy, your confidence and clarity can quickly become doubt, and inspiration gets blocked by competing priorities and negative self-talk.

Coaching is a powerful tool for approaching all kinds of change and development. It provides a safe container for reflection and exploration, removes blocks to personal growth and aligns your mindset to your goals and aspirations – turning them into reality.

We have taken the theory and principles of coaching and shaped them into a practical, experiential learning setting. We have coupled this with spaces for 1-2-1 and group coaching and will share techniques to help you build a coaching culture into your green movement and leadership remit.



**NEVER UNDERESTIMATE  
THE POWER OF  
MINDSET  
IT'S WHAT ALL GREAT SUCCESS  
STORIES HAVE IN COMMON.**



# WHAT DOES THE **10 WEEK** **PROGRAMME COST?**

**14 weeks** of learning and development

**SIX** experiential learning workshops  
using coaching, peer-development and  
integration techniques

**THREE** themed group coaching sessions.  
giving space to connect, share, problem-solve  
and inspire peer-development.

**ONE** 1-2-1 coaching session  
to access at any time throughout the programme

**ONE** development and future growth session  
to continue leadership and peer-development  
post programme.

**£950 per person**

\*Discounts are available - see next page

Book your  
space here

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"We have twice commissioned  
The Circular Life to undertake work  
for North East London CCG.

Briony (works) with kindness and  
compassion whilst challenging us  
and helping us to think differently  
about how we work as a system -  
today and in the future.

In the face of tight budgets, The  
Circular Life offers excellent value  
for money. It has enabled us to  
motivate and inspire staff from the  
offset."

NHS North East London  
Clinical Commissioning Group

”

# **BOOK YOUR PLACE**

## **Discounts**

Email [info@circularlife.co.uk](mailto:info@circularlife.co.uk) for details

- Block booking of five or more delegates can enjoy a 15% discount (Delegates should be from the same organisation or health & care partnership)
- Non-profits can enjoy a 25% discount
- Limited bursary places are available for low-income community organisations



**The Circular Life**

for a different kind of business

**BOOK YOUR PLACE ON THIS LINK**

Or visit

**[WWW.CIRCULARLIFE.CO.UK/MAKESPACE](http://WWW.CIRCULARLIFE.CO.UK/MAKESPACE)**