



## **Navigating a new course**

Imagine for one moment that you are setting off on a journey under sail. You have decided where you want to go, you have chosen your yacht and have bought its provisions. You have studied the weather charts and know to some extent what the weather might hold and you have built skills in yourself or brought together a team that can deal with the day to day running of the yacht. You set sail...all is going to plan, and you are enjoying the voyage and then you notice a storm is brewing. What do you do next?

For organisations, teams and individuals this situation is a common occurrence and key is whether you let yourself be buffeted by the storm by becoming 'rudderless' or whether you change 'tack' in a planned/intuitive and thoughtful way taking into consideration both the opportunities and challenges of the new climate.

At mindtrip, we offer a transitions approach to navigating change, considering both the practical aspects, the provisioning, as well as dealing with the emotional and navigational challenges of change. We can help you in preparing for change coming, dealing with change as it is happening and learning from change as it passes.

For individuals, we offer **tailored career transitions coaching** for people at key stages in their careers within organisations (e.g. emerging, new and seasoned leaders) and we offer personalised coaching for those that are leaving or who have left an organisation and are navigating a new course.

Our coaching approach is personalised to your needs and is flexible to your circumstances. We will work with you to think about what your 'course' might be, considering both what drives you and why this is important. We will explore your strengths and gain feedback from others on what they consider these to be and help you to focus these on the most appropriate course or direction for you.

We will also consider the emotional implications of the change for you, exploring your feelings, both positive and negative and help you to build resilience and confidence during the change and beyond. Finally we will help you explore the opportunities that the change can bring and give guidance and support on the practical aspects of setting out on a new or adapted course and help you communicate that successfully to others.

Examples of where mindtrip can help you, your team or organisation include **helping individuals:**

- Navigate joining an organisation
- Capitalise on a job change or promotion (or going for one!)
- Develop their leadership capabilities and approach
- Consolidate or transition their leadership capability
- Transition from an organisation onto a new 'course'

Examples of where mindtrip can help you, your team or organisation include **helping leadership teams and organisations:**

- Consider their 'course' or direction and their purpose
- Explore their strengths, skills and values
- Deal with emotional challenges e.g. trust
- Build resilience within themselves and those they lead
- Foster wellbeing within those they lead
- Engender a career mindset

Finally we recognise that in some instances individuals and organisations may benefit from more than one perspective. In this instance, mindtrip works with a selected group of strategic partners to provide a team approach.

Interested in finding out more about our approach, who we have helped and what we might be able to do for you? Please do drop Heather a line ([heather@mindtrip.co.uk](mailto:heather@mindtrip.co.uk)) or ring me on 07801 246113