

BUILD BACK

Boulder.

a 90 day
group
coaching
program
to help
your team
build
back
stronger
than
before



Fortnightly Zoom Sessions

Dark Coffee

It is more important than ever to **prioritise our team's wellbeing** so they can **confidently support** themselves and others.

We created this 90 day group coaching program to help your people feel **stronger, happier and more resilient**. Because when they **feel great**, they can **do great work**.

**Across 6 sessions,
we'll explore:**

- how to protect ourselves against the effects of stress, anxiety, isolation and burnout
- how to assess, increase and maintain energy levels
- how to approach challenges with more confidence and less fear
- how to set healthy boundaries to improve relationships
- how to switch off and find a better work/life balance



Your Facilitator:
Alice Lyons
Director of Dark Coffee

Through experiencing depression, burnout, and suicidal thoughts in her twenties, Alice learned the importance of cultivating strong mental health.

She now empowers others to do the same through her fresh approach to wellbeing, delivered in her characteristically 'unfiltered' style.

PROGRAM OUTLINE

Session 1: Ignition

Our launch session for the program. Attendees will get a chance to meet as we lay the foundations for the next 90 days. We'll cover the house rules and illustrate the group coaching process with some introductory activities before rounding of the session with some action-setting.

Session 2: Resilience

This session explores how to we can build our resilience to help us manage stress, anxiety, fear and uncertainty. We'll discuss how to protect ourselves against burnout and replenish low energy levels through self-awareness, self-care, and strong social support systems.

Session 3: Strength

In this session, we'll discuss how to build mental and emotional strength through embracing our perceived weaknesses. We'll explore the weird and wonderful ways we can sabotage ourselves, whether through imposter syndrome, negative self-talk, criticism or judgement, and find ways of working *with* rather than *against* ourselves.

PROGRAM OUTLINE

Session 4: Boundaries

This session explores how to increase our social wellbeing through setting healthy boundaries. We'll discuss what boundaries look like, how we can set, communicate and enforce them, and how our personal and professional relationships can positively benefit from them.

Session 5: Focus

We'll extend our discussion of boundaries to explore how we can cultivate work/life separation to improve how we work, rest and play. We'll discuss how to maximise our creativity and productivity when we're working, and balance this with stepping back, switching off, and optimising our rest and recovery times.

Session 6: Confidence

In our final session we'll review all the lessons we've learned together during the program so we can recognise everything the group has achieved. We'll share stories, give feedback, celebrate each other's successes, and discuss how to carry the lessons forward to positively impact everyday life.

IF THIS SOUNDS
GOOD TO YOU,
THEN YOU SOUND
GOOD TO US.



If you like the sound of the Build Back Bolder program, book a 20-minute coffee chat with Alice to find out if we'd be a great fit for your team:

Book a coffee chat

email:

talk@darkcoffee.co.uk

DM on Insta:

[@dark.coffee.wellbeing](https://www.instagram.com/dark.coffee.wellbeing)

DM on LinkedIn:

[linkedin.com/in/alicelyons](https://www.linkedin.com/in/alicelyons)

To find out more about Alice, visit darkcoffee.co.uk or search for the **Dark Coffee Podcast** wherever you stream.

Dark Coffee

FAQ

WHAT IS GROUP COACHING?

A powerful coaching style where individuals pursue self-development, but supported by a group of like-minded peers. We'll explore a common theme together, then set individual goals which the rest of the group will hold each other accountable for. Coaching helps people to achieve their goals through challenging conversations and targeted questions which encourage critical thinking and self-reflection. The sessions are highly interactive, comprising large amounts of whole-group and small-group discussions, combined with independent activities and goal-setting.

WHAT IS THE BENEFIT OF GROUP COACHING?

The facilitator is there to guide the session and ensure a safe and supportive environment. But the group format means that there is loads of wisdom in the room! Attendees will get a range of insights and experiences to help them solve problems and explore options, and they'll get the opportunity to help other people in return.

WHO IS THIS PROGRAM FOR?

Anyone looking for self-growth and personal development. However, due to the challenging nature of the coaching process, they **must** be receptive to feedback, able to take action, and be willing to step out of their comfort zone. These are NOT counselling sessions and are not suitable for people in need of critical mental health care.

WHAT IS EXPECTED OF ATTENDEES?

Everyone is expected to contribute their thoughts and ideas to expand the conversation, and to share their experiences to help other people, but no-one will be asked to share anything they are uncomfortable with. To protect everyone's privacy, the sessions will be delivered live and will **not** be recorded, so attendees need to be able to attend as much of the course as possible in order to feel the full benefit. We will also ask them to complete a few feedback surveys to monitor their progress as we go.