

What is a Vision Intensive?

A Vision Intensive is a one to one coaching experience that provides a unique opportunity for business leaders to take some high quality, accelerated thinking and visioning time for themselves.

It uses a successful and proven methodology to help provide clarity around what's next in your business and life and generate breakthrough thinking around important issues. It is based on Positive Psychology and there are 12 well-structured exercises designed to stimulate creative thinking and visioning.

The Purpose

- To identify or refresh your vision for yourself as leader - what do you want your next chapter to look like?
- To access fresh thinking around important issues.
- To explore strengths and values.
- To identify and address assumptions, limiting beliefs and blocks to effectiveness and your own fulfilment.
- To creatively problem solve around key challenges.
- To develop a strength-based action plan to get to your vision.

The Structure

- The programme begins with an initial coaching call to establish the context for your day.
- Pre-work is required; you will be sent stimulus questions and an online strengths questionnaire to complete a week or so before the Vision day.
- The day runs from 10am until 4pm.
- The morning consists of a series of mind expanding questions to stimulate you and generate ideas, then to hone key questions you want answered.
- At midday we will spend an hour walking outdoors focusing on values coaching.
- After lunch we focus on addressing your key questions and creating a compelling, strength based action plan.
- There is a 6 weeks follow up coaching call to review your action plan and set new goals.



Testimonials

"Louisa's vision day was exciting, thought-provoking, uplifting and as self-indulgent as eating cake all day! Louisa's day was like a spa detox for my busy brain.

Although I know very well that life begins at the edge of my comfort zone, it's not always easy to go there voluntarily. Because this workshop is strengths-based, it feels easier to consider new ideas and use strengths to tackle 'the big questions'. For me, this included my business and home life.

This session helped me organise my thinking and make concrete plans. A week later I have already done some of the things I committed to. My confidence is boosted. The path ahead is much clearer. And, I have learned a lot about myself that I didn't know before. Quite surprising since I have known myself all my life.

I would recommend Louisa's vision day to anyone who feels that their 'head is full' or that they need to take stock and make plans. If you are prepared to go right outside your comfort zone, your bravery will be rewarded."

"Recently I spent a whole day with Louisa Pau on her vision day rediscovering who I am and seeing options in work and life I forgot were there. Before I went, the thought of doing such a thing seemed like a luxury; having been through Louisa's thoughtfully-structured, intense exercises, I think it should be compulsory for anyone leading a business they care about."