



## LSE HEADSPACE WALK PROGRAMME

GROUP COACHING PROGRAMME DESIGNED TO HELP YOU WORK IN HEALTHY WAYS TO FEEL ENERGISED AND CONFIDENT WITH STRONG WORKING RELATIONSHIPS

Find headspace in your work by joining me for a programme of four 90 minute group coaching walks in streets and green spaces near to LSE.

The programme is open to 7 participants. Working with a group, you will be able to share ideas and experiences while gaining new connections. Experience walking while working as a means to feeling energised, thinking creatively, increasing focus and connecting with colleagues.

The coaching walks move you through four steps:

**STEP ONE:** Explore what is going on for you right now at work and identify the healthy work change you wish to make. Discover how to use walking as a tool to boost your physical, mental and communication health at work

**STEP TWO:** Review how you work to find out more about what drives you and behaviour patterns that help you move forward or stand in your way. Gain the headspace to create a sustainable plan to work in healthy ways.

**STEP THREE:** Look at a work challenge in a new light. Use the Headspace walking techniques to think positively and creatively to solve problems and take action.

**STEP FOUR:** Review and capture your progress, the changes you've made and what you need to continue working in healthy ways in the future





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### WHY COACHING WHILE WALKING?

Walking alone has over one hundred physical and mental health benefits and has been proven to improve thinking and creativity. Walking coaching focuses on creating a stimulating, reflective, supportive space.

The physical walk allows a digital detox and gets you out of your usual work space. It enables you to think in new ways, move through blockages and gain insights from the environment around you.



### HOW WILL THE HEADSPACE WALKS WORK?

We will meet at LSE or Lincoln's Inn Fields and I will guide you through a route. We will walk at a slow to moderate pace with regular stops. The walks will include conversations in rotating pairs, questions, active listening, reflective activities and engagement with the local area. There will be short periods of time inside to prepare or debrief at points during the programme.

You are asked to take responsibility for yourself as you walk. This means being aware as we walk, particularly when crossing the road, as well as letting Anise know if you need any assistance to make the most of the walks.



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### HOW WILL I PREPARE?

Arrive ready to walk with comfy shoes, no heavy bags and weather proofing (e.g. sunhat, warm layers, raincoat). Walks can take place in all weathers. The weather is all part of the experience and we can take shelter if necessary!

After each walk, you will be asked to undertake a simple activity in order to continue gaining headspace, energy and confidence in your work. You will also be invited to complete a short, confidential, online evaluation. This will enable you to reflect further on the session and give feedback on your experience.

### WHAT HAPPENS NEXT?

## HOW WILL I BENEFIT FROM JOINING THE LSE HEADSPACE WALK PROGRAMME?

- Boost your wellbeing
- Feel energised and motivated in your work
- Solve problems by thinking positively and creatively
- Raise awareness of how you work and the impact on your health
- Connect with colleagues
- Get some exercise while exploring the local area
- Use coaching walking techniques to work in healthy ways during the programme and beyond



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### WHAT COULD HAVING HEADSPACE IN MY PROFESSIONAL LIFE BE LIKE?

- Walk into your office in the morning feeling motivated and ready to roll with whatever the day brings.
- Have that difficult meeting with a colleague and this time have a different conversation that moves you both forward.
- Prioritise your wellbeing at work.
- Find new solutions to old problems.
- Be focused, even when your inbox is overflowing and your to do list is seemingly endless.
- Make a sustainable plan to work in a healthy way and feel renewed energy to put it into action.

### ANISE BULLIMORE



I can often be found wandering and working in London parks. It is my mission to get people working in ways that support their physical, mental and communication health.

As well as being an experienced team and executive walking coach, I have a background in bringing about change in Higher Education through educational technology and leadership development.

I have a Diploma in Intermediate Executive Coaching and Certificate in Systemic Team Coaching from the AoEC. I have also undertaken training in Gestalt Coaching, Ontological Coaching, Walk Leadership and Thinking Environment, as well as experiencing a variety of walking coaching methods.

Contact me via [anise@walkcoachlearn.co.uk](mailto:anise@walkcoachlearn.co.uk) or 07951 570417