





Using the power of incredible real-life experiences to drive change

Online Course

Accepting Change and Building Resilience

with Henry Fraser



Overview

Details:

- / 4 day coaching course on Accepting Change and Building Resilience**
- / Consisting of four 90 minute sessions**
- / Incredible real-life experience keynote and Q&A with Henry Fraser**
- / Facilitation and coaching from Will Fraser**
- / Bespoke facilitated breakout rooms**
- / Full Group share, review and takeaways**
- / Personal follow up call post course to review learnings**
- / Online Communication Platform: Slack**
- / Session preparation documents, audio and visual tools**
- / Reading & Podcast and further learning resources**



Meet Henry Fraser

Session Itinerary

17.00 / Introduction, Meet & Greet

17.10 / Course Overview & Intro to Henry

17.15 / Henry Fraser real-life experience

17.40 / Interactive Q & A with Henry

18.20 / Key learnings recap, introduction into session two
[Session 2 preparation: what does accept & adapt mean to you?]

18.30 / Finish

90 minutes / Total



Accept & Adapt

Session Itinerary

17.00 / Recap & Review (previous session and homework)

17.10 / First Breakout Room- Accept

17.40 / Group Share & Review of Key Learnings

17.50 / Second Breakout Room- Adapt

18.15 / Group Share & Group Planning, Key Learning Recap and introduction into next session

[Session 3 preparation: What does your typical work-day look like?]

18.30 / Finish

90 minutes / Total



The Little Big Things

Session Itinerary

17.00 / Recap & Review (previous session and homework)

17.10 / First Breakout Room- Limitations

17.30 / Group Share & Review of Key Learnings

17.40 / Second Breakout Room- 'Keep Ons, Changes, Add Ons'

18.15 / Group Share & Group Planning

[Session 4 preparation: What is stoicism & what does it mean to you?]

18.30 / Finish

90 minutes / Total



Control the Controllable's

Session Itinerary

17.00 / Recap & Review (previous session and homework)

17.10 / What is Stoicism?

17.15 / First Breakout Room- Bubble Exercise

17.45 / Group Share & Review

18.15 / Group Share & Identifying Techniques

18.30 / Key Learning Summary & full overview/summary and wrap up

90 minutes / Total



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Session Itinerary

17.00 / Recap & Review (previous session and homework)

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90 minutes / Total