



BREAKTHROUGH



TRANSFORM **COACHING**

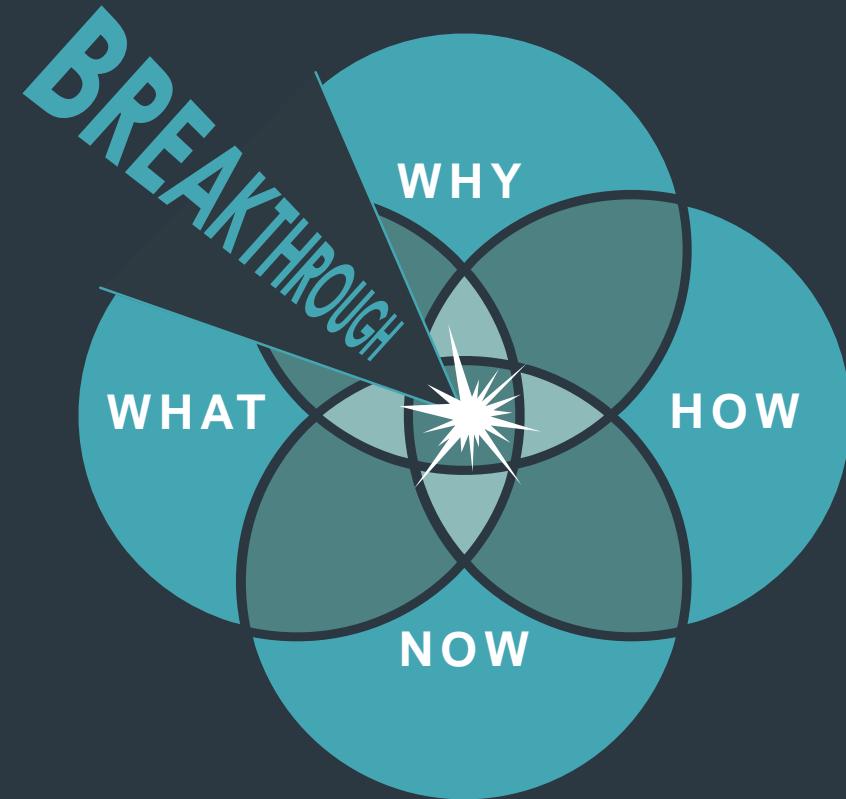
Use Transform's proven method to make your ultimate career transformation.

Find your **WHY**

clarity on **WHAT**

understand **HOW**

and gain confidence to progress **NOW** !



A step-by-step process to find
Purpose, Connection and Excitement
again in you career

Book a free call now:

<https://calendly.com/milescoach/30min>



“Find purpose, connection & excitement again”

The coaching process provides a comprehensive approach to career development.

It takes commitment and effort to transform your career.

A combined effort on both your thinking and actions will lead you to the right pathway and to personal growth.

Other support programs mostly offer practical advice.

We also work closely with practical and implementation content however our approach deliberately begins with focus on exploration, reflection and purpose for personal development to ensure certainty of direction for long term fulfilment and success.

We help individuals find purpose, gain clarity on the best next career move, share the the practical steps to get there and give the confidence to progress.

How does a person assess what they really want to do, that will be enjoyable, and give them fulfillment?

True personal reflection enables you to get in touch with your values and what excites you as you dig deep and increase your self-awareness.

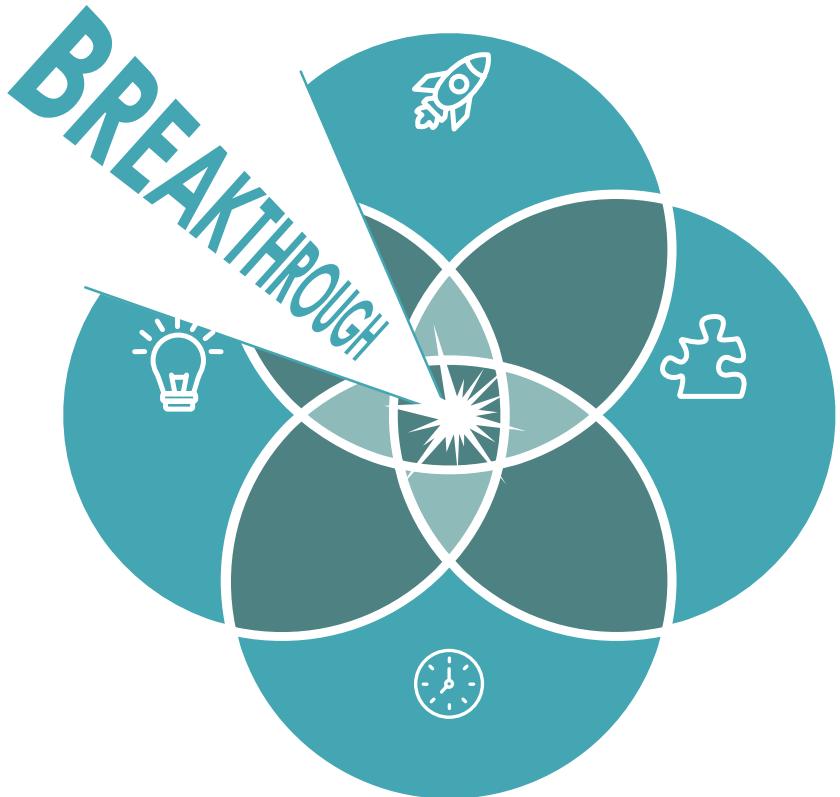
We perform several rounds of guided brainstorming identifying what is really important to you.

Our proven process supports the development of a clear plan for the next stage in your working life, and ensures it is the right thing.

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“ While on my own career change journey from Procurement to Life Coaching ... I developed the 'Why, What, How, Now' process! The 'What' was always an obvious pillar of focus but then I realised that uncovering my 'Why' and having clear purpose was key. This had been missing and it had previously held me back. ”



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Why

Get to know yourself more deeply and feel proud and excited about your strengths and purpose by developing your personal brand for huge energy.

Start your progression by creating a positive platform of where you are now. Build a personal development mindset.

Explore exciting new career options without limitation.



What

A process of self-awareness and reflection on values, interests and desires. You find out what you truly want. You draw on existing skills and experience and move towards a motivating goal.



How

You have a step-by-step process of how to get there.

The time plan is accelerated but realistic.

The planned tasks and personal accountability are all in place.

You have started or are preparing to develop new skills, qualifications and experience.



Now

You learn how to work around distractions and create self-development time.

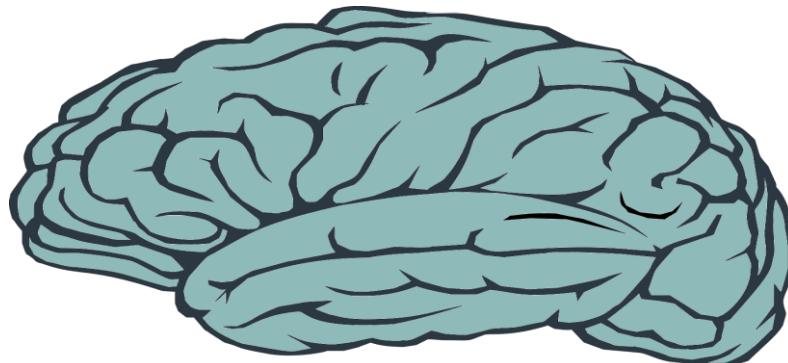
You will create the belief to take immediate action and move forward with your new career path. Adopt coaching strategies and improved behaviours.

Typically people don't move forward with their career because:

- Absence of defined purpose
 - Lack clarity on what they want
 - Unsure how to get there
 - Lack of belief it is possible
- ▶ Why - Purpose which creates energy
 - ▶ What – A clear career path
 - ▶ How – A clear staged plan
 - ▶ Now – Having self-confidence

Psychology, Cognitive Behaviour and Neuroscience

- In the 1960s, **Dr. Aaron Beck** pioneered study and practice of cognitive behaviour – the relationship between your thinking and your behaviour.
- When working with clients, the biggest area of learning is understanding the importance of your thought processes and the relationship between your thoughts, feelings and actions.
- It is completely crazy that we are so unaware of our random sub-conscious thoughts and how frequently they do not support us.
- We tell ourselves stories which make us feel less worthy of success all the time. This is why I introduced SAM into my coaching.
- SAM is a helpful chap. I use him in my training to explain my most important model of all The Self Awareness Model.



“ We don't always know what our brain is thinking. Unconscious processes exert great influence on our thoughts, feelings, and actions. ”

Eric Kandel

Kandel won the 2000 Nobel Prize in Physiology and Medicine for his research on memory storage in neurons. Memories and emotions are interconnected neural processes in the amygdala; our memories are never a perfect account of what happened. Memories are re-written each time we recall them.

“ For clients to achieve lasting change they need to create thoughts, feelings and behaviours which support that change. This is the core of the cognitive approach. ”

Stephen Palmer

Honorary Professor Psychology, City University

The Self Awareness Model



YOUR THOUGHTS ARE YOUR POWER

SAM: Our Self Awareness Model



How does all this fit in with career development?

Any change requires an open attitude to learning and development; this applies both to specific skills and qualifications as well as to personal growth.

This type of personal growth is a big deal.

To rapidly accelerate a career and create belief and certainty, you need to develop a structured plan – but ahead of that it starts with the mind.

Focusing on self-awareness and personal needs will give broad by-products across many areas.

Some questions to reflect on...

Can you become more fulfilled by developing your self-awareness?

Could you make yourself happier by understanding your negative thoughts and challenging them?

Can you better understand how your mind works and start thinking about influencing your thinking?

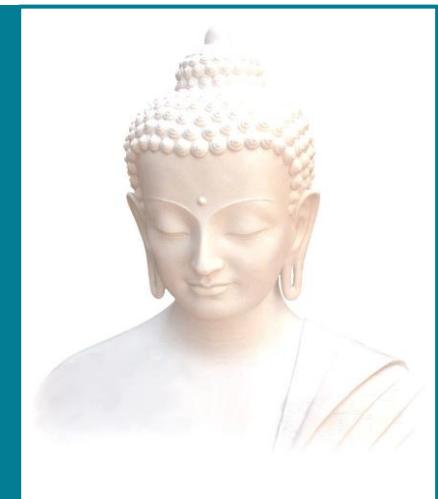
How could you learn to be more conscious with your mind?

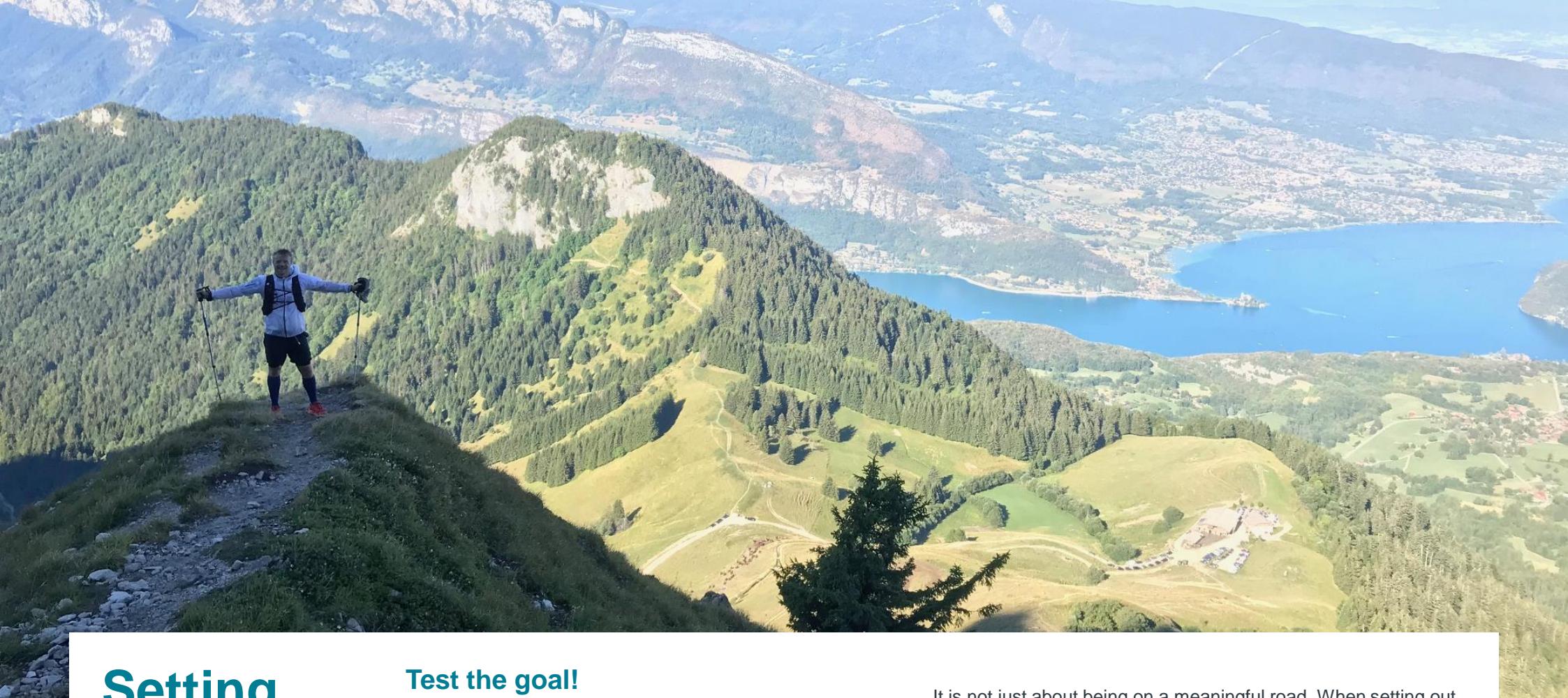
It all starts with the mind and your feelings

You can learn to slow down and influence your thoughts and feelings to better serve your purpose and your goals.

Knowing others is intelligence.
Knowing yourself is true wisdom.
Mastering others is strength.
Mastering yourself is true power.

Lao Tzu





Setting powerful goals

This is our proprietary **DRIVES** method to build a well-formed rock solid goal.

Test the goal!

Detailed – Does the goal give specific dates & outcomes?

Resources – Do you have everything you need?

Impact – Will it really give you want you want?

Vow – Are you able to commit strongly?

Energising – Does it make you feel huge excitement?

Situation – Does it fit into the context of your life?

It is not just about being on a meaningful road. When setting out to explore options, the first and best advice we can give is to focus on self-belief. Once you recognise everything you are capable of, new options present themselves.

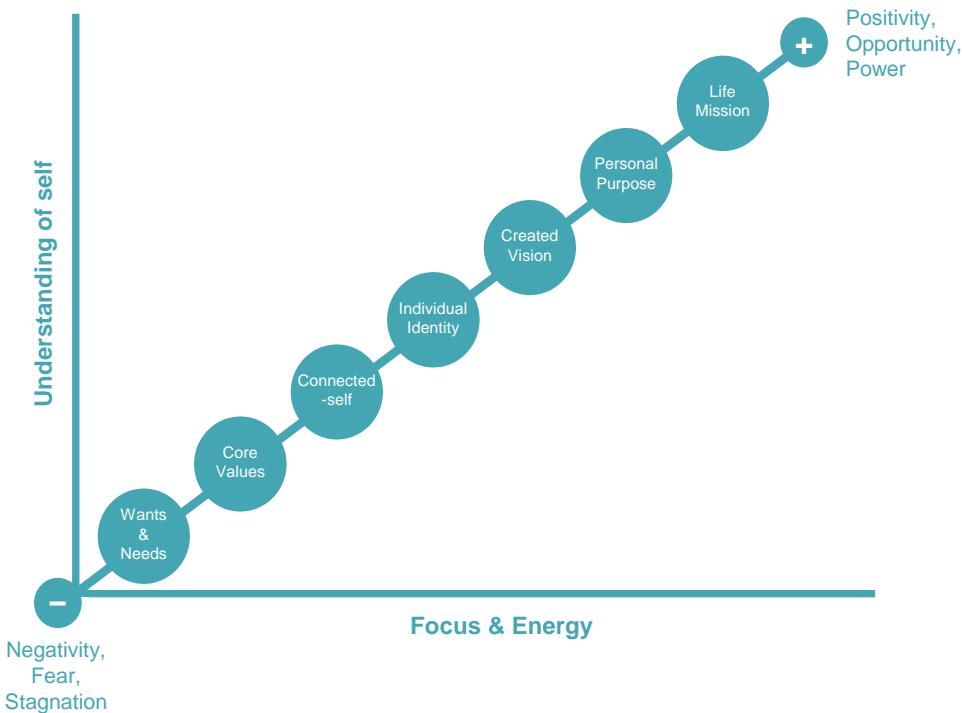
We then look within for what you care about and capture it in your plan. It makes it far more likely to succeed.

We respect for current obligations and follow a careful planning process. We take the time to work through your transition, week by week. Managing finances is key. Image is also vital and well as how you position yourselves to others. This determines the impression created, whether trying to start a business, move forward, or seeking a change in role.

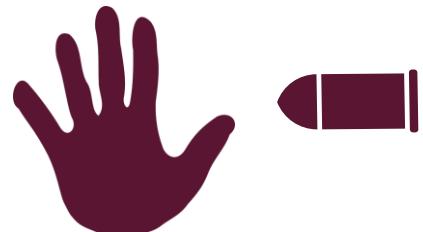
Coaching Models

A selection of the models from the course. There are 30 in total that we use on Breakthrough

Personal Power Structure



Becoming bulletproof



A mindset of strength and plenty, clearing the way from interferences, and able to withstand adversity

Barrierscaping – Overcoming obstacles



COMMITMENT – M.A.D.E. system

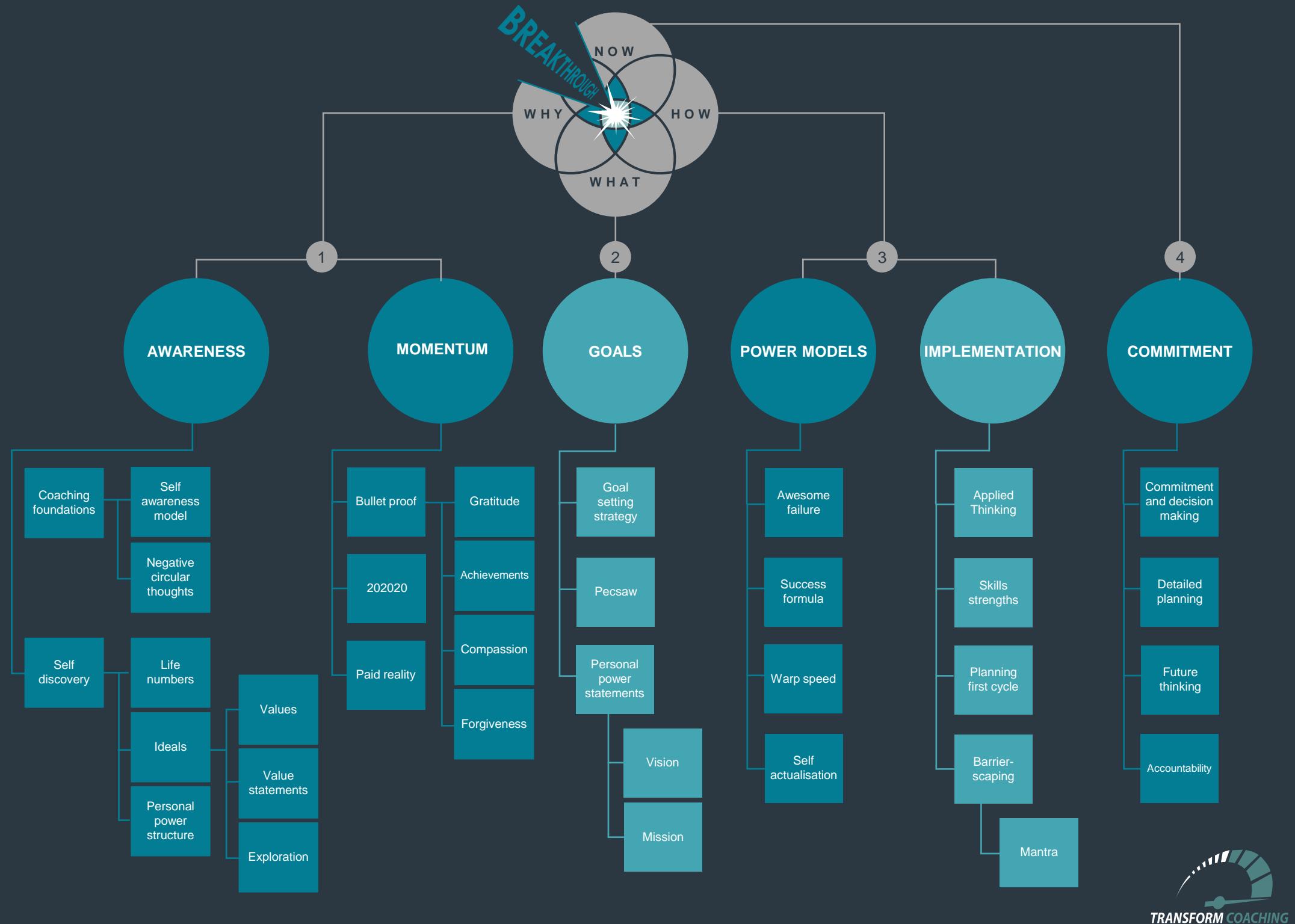


Mantra decision

Accountability

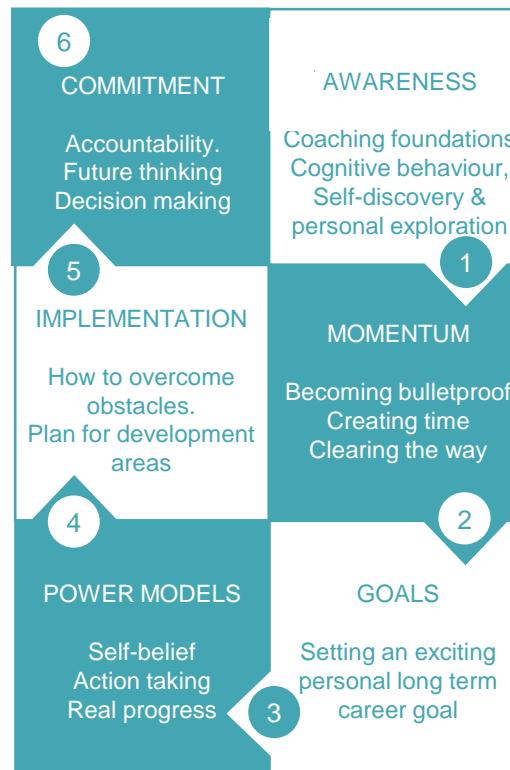
Detailed planning

Evolv



What does the Breakthrough coaching program look like?

- With one module each week – We cover the week's coaching material, next we complete the reflective exercises and then we go over our progress with the coach in the coaching session
- This is the sequential curriculum, as we take the learnings and outputs from one week into the next



Program sequence

Just a few testimonials

“ I handed in my notice on Monday. To be honest, I don't feel apprehensive, I just feel excited. ”

JULIET

“ It was a great experience. I really learned a lot about myself and how I can use that going forward. ”

PHILLIP

“ I would absolutely recommend the course to anyone especially if you are looking to make a change. ”

DUNCAN

“ The Breakthrough course really helped me re-assess my priorities and establish what is important to me. ”

GILES

“ The weekly coaching helped me cut out the doubt and noise. ”

RICHARD

“ It wasn't until I went through this program that it all came together. ”

MATTHEW

“ In the middle of a career change Miles helped me through a confidence crisis and offered a lot of empathy and wisdom. ”

JENNIFER



MILES MATHER



Miles has delivered work for a long list of companies across many industries: McCann Erickson, Comet, BAA, Amex, Lloyds TSB, Vodafone, Barclays, Britvic, BBC, IHG, Fitness First, Bicester Village, HSBC, NBC Universal, Astellas Pharma and Just Eat.

Miles has several advanced coaching qualifications and is completing a diploma in modern applied psychology.

He also has a degree in Marketing and French, and speaks Spanish.

He is a keen ultra runner.

NICK QUINTON

We also have one other coaching principal, Nick Quinton. Former paratrooper and specialist paramedic, Nick has a unique understanding of leadership, team dynamics and performing under intense pressure.

Previous consulting roles have seen Nick implement global business change programs across a number of top-tier banks.



Nick also runs a performance coaching practice and delivers group coaching sessions to GP surgeries to enhance leadership and team dynamics, to produce a more productive and happier workplace.

“Your life does not get better by chance it gets better by change”

Jim Rohn

World renowned
motivator and author

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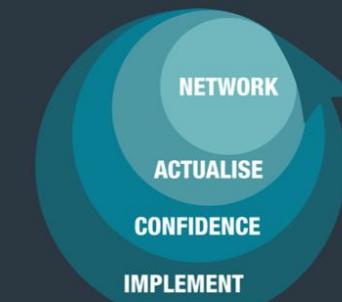
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SOME OF OUR OTHER PROGRAMS



ECSTATIC
ENGAGEMENT
SYSTEM

JOB HUNTING *success*



HOW I GO HIGHER

THE MENTOR LEADER

AUTHENTICITY
INCREMENTALITY
MINDFULNESS

| OUR PILLARS OF FOCUS | | | | |
|------------------------|---------------------------|---------------|--|---------------------|
| COACH | AWARENESS | GUIDE | AIM | TRANSFORMATION |
| the coaching continuum | in the moment interaction | show not tell | of relationship professional development | cognitive behaviour |