

Potential to Purpose

COACHING SESSION GUIDE

With Dolly James

Certified Transformational Coach





Session Overview

This group coaching session is designed to help individuals, teams, and communities unlock their potential, elevate performance, and cultivate lasting well-being through holistic self-care. The session follows a four-step framework that blends empowerment, reflection, and practical tools for transformation.



Session Structure:

Four Steps to Flourish

Step 1: Ignite Your Potential

Focus:

Awareness, empowerment, and intention-setting

Activities:

- Welcome and group intention-setting
- Introduction to the Potential to Purpose journey
- Self-assessment: Where am I now? Where do I want to be?
- Empowerment tools: mindset shifts, journaling prompts, visualisation

Outcome:

Participants gain clarity, motivation, and a sense of ownership over their growth.



Session Structure:

Four Steps to Flourish

Step 2: Nourish Your Body

Focus:

Physical self-care for energy and vitality

Topics Covered:

- Nutrition for mood and performance
- Movement and posture for workplace wellbeing
- Sleep hygiene and rest rituals

Tools & Practices:

- Simple food swaps and hydration tips
- Desk-friendly stretches or movement breaks
- Sleep journaling or evening wind-down routines

Outcome:

Participants learn how to support their bodies for sustained wellbeing and productivity.



Session Structure:

Four Steps to Flourish

Step 3: Strengthen Your Mind

Focus:

Mental and emotional self-care for resilience and clarity

Topics Covered:

- Stress awareness and emotional regulation
- Mindset mastery and reframing negative thoughts
- Building confidence and self-worth

Tools & Practices:

- Breathing techniques and mindfulness exercises
- Affirmations and self-talk strategies
- Group reflection or storytelling

Outcome:

Participants develop tools to stay grounded, focused, and emotionally resilient.



Session Structure:

Four Steps to Flourish

Step 4: Align with Purpose

Focus:

Integration, goal-setting, and values-led living

Topics Covered:

- Values-based decision-making
- Creating a personal wellbeing plan
- Setting goals that reflect purpose and passion

Tools & Practices:

- Purpose mapping or vision board creation
- Habit stacking and time-blocking for self-care
- Accountability partnerships or journaling

Outcome:

Participants leave with a personalised action plan and renewed motivation to live and work with intention.



Session Format

- Duration: Flexible (typically 2–3 hours or half-day)
- Format: In-person
- Group Size: Ideal for 6–20 participants
- Materials: Journals, pens, optional handouts or slides



Ready to Book?

To schedule a group session or request a tailored version for your organisation, **Let's Connect:**

dolly.james@indolgencewellbeing.co.uk

www.indolgencewellbeing.co.uk/coaching-and-courses