



CURIOUS, CREATIVE, COMPASSIONATE COACHING

R.E.A.C.T Holistic Coaching Programme For Dyslexic Adults

The Coaching Programme that empowers you to grow, connect, and evolve through self-understanding and effective communication.

OVERVIEW	COMPONENTS
<p>Resilience</p> <p>Venue: Natural History Museum</p> <p>Focus: Survival, Adaptation, Personal Strength</p>	<p>1. Resilience</p> <p>Build mental strength</p> <p>Bounce back from setbacks</p> <p>Develop inner fortitude</p> <p>Create psychological flexibility</p>
<p>Empathy</p> <p>Venue: V&A Museum</p>	<p>2. Empathy</p> <p>Understand others' perspectives</p>

<p>Focus: Cultural Understanding, Emotional Intelligence</p>	<p>Develop emotional intelligence</p> <p>Create deeper human connections</p> <p>Foster compassionate listening</p>
<p>Autonomy</p> <p>Venue: Royal Observatory, Greenwich</p> <p>Focus: Personal Navigation</p>	<p>3. Autonomy</p> <p>Empower personal choice</p> <p>Develop self-directed learning</p> <p>Encourage independent thinking</p> <p>Create personal ownership</p> <p>Support individual decision-making</p>
<p>Communication</p> <p>Venue: - British Library</p> <p>Focus: Authentic Dialogue</p>	<p>4. Communication</p> <p>Enhancing interpersonal skills</p> <p>Clear and confident expression</p> <p>Active and purposeful listening</p> <p>Developing authentic dialogue</p> <p>Breaking down communication barriers</p>
<p>Transformation</p> <p>Venue: Tate Modern</p>	<p>5. Transformation</p>

Focus: Personal Reinvention, Creative Growth

Fundamental personal growth

Create meaningful life changes

Evolve beyond current limitations

Generate sustainable personal development