



Pause with Purpose

Take stock, let go and imagine what's possible

- How to generate clarity about where you are now and what's important
- Learn how to relax in ways that nourish your inner sense of well-being
 - Identify how to let go, in order to move forwards
- Experience different perspectives from which to imagine what might be possible
 - Use a walk creatively to gain fresh perspective
 - Learn from the collective wisdom of colleagues

When feeling rushed, under pressure and experiencing uncertainty, there is tendency to feel the need to do more, to focus on the 'urgent' and to let the important things slip. It's all too easy to lose sight of the bigger picture. This appears to be true in many walks of life. Balancing 'short-term wins' with investing in longer-term gains becomes a persistent challenge, stress can feel overwhelming and appreciation of the present so hard to sustain. Indeed, it can be hard to see clearly where you are now as well as knowing how best to move forward!

Pause with Purpose offers a unique format that invites you to pause, with a purpose, blending life-coaching, relaxation and meditation techniques. Through a wonderful range of activities the day invites you to step back, take stock, experience alternative perspectives, explore common challenges and identify a clearer sense of the way ahead. The workshop is designed in a way that is adaptive to the questions and issues participants bring.

Holding together the paradoxical relationship of resting in presence while tapping into the power of imagining what's possible, the day will involve a combination of experiential exercises while using relaxation and meditation to learn about the power of pausing while providing a powerful grounding to the reflective process.

"Really great – opportunity to think about where I am and where I want to go (and what next)." (Lancaster July 2017)

*"I always love Will's sessions – they leave me feeling grounded and refreshed."
(Lancaster July 2018)*

"The course is powerful - I will be more productive!" (Lancaster July 2018)

"Flexible and non-invasive. Highly personal to the group." (Manchester, Sept 2018)

Who is it for?

Pause with Purpose is for academics and researchers at any stage of career, who could benefit from stepping back and seeing things from a fresh perspective. The workshops have been attended by PhD students, researchers, lecturers and professors, sometimes at the same time. They have been attended by people from all disciplines – from physicists to creative writers, sociologists to mathematicians, health researchers to economists.

Pause with Purpose is powerful when people feel overwhelmed, need to recalibrate priorities, want to learn how to stay relaxed in a stressful environment, or want to explore their direction with a fresh perspective.

What's involved?

The day will meet you where you are and is designed in a way that is adaptive to the questions and issues participants bring. We'll start by establishing a shared agreement amongst the group. Key elements of the day are:

- Getting clear about where is now, exploring this through different lenses to identify what is important, map constellations of key relationships and tap into relaxation by accessing our inner resource.
- Examine what we need to let go of while also shaping a sense of purpose.
- Drawing on a range of techniques as appropriate, different perspectives will shed light on challenges participants face, with an eye on starting to imagine what's possible. Depending on the issues the group bring, techniques might include, for example: exploring presence further, thinking environment, present based transactional analysis, identifying internal 'parts', working from strengths, managing the saboteur, hero's journey, or working with opposites.
- Throughout the day mindfulness and relaxation exercises are interwoven that provide a powerful grounding to both individual and group reflective process.
- Weather and venue permitting, participants will be invited on a short walk to gain fresh perspective.
- Engage in personal reflection, focused writing time, group sharing and, when appropriate, individual interventions from the coach.

NB participants on the day can also opt out of exercises.

Beyond the day

Through their own reflection, participants will identify insights throughout the day that they will want to take forward into their work and the rest of life. Approximately 6 weeks after the retreat, participants are will be invited to attend a webinar to 'check in' on their progress since the workshop. The webinar will be held in a coaching format working through themes that participants bring to the call.

Participants who want to go further can sign up for 1-1 coaching or explore other options with Will to participate in group coaching sessions.

"Really great – opportunity to think about where I am and where I want to go (and what next)"
(Lancaster July 2017)

"A helpful opportunity to stop and reflect and recognise where I am on various journeys and perhaps what I need to do to move forward." (Lancaster July 2017)

"Relaxing, thought-provoking. I learnt a lot from the other participants." (Lancaster July 2017)

"Attending Will's events has literally transformed how I work and think, and helped me become a healthier academic – even if it is always a work in progress". (Lancaster July 2018)

About Will Medd

- highly qualified coaching skill set uniquely combined with an intimate understanding of academic life.
- A track-record demonstrating expertise in delivering coaching to an academic A audience, including specialist development of effective group coaching
- A collaborative approach to co-design which ensures learning from an integrated process of evaluation and review.

As professional certified coach, coach supervisor, and meditation trainer, and a former academic with an international research reputation, Will brings a highly qualified coaching skill set uniquely combined with an intimate understanding of the experience of academic life. Will is passionate about enabling people to be at their best while recognising the need to balance academic work with the rest of life.

Will's Coaching

A Professional Certified Coach (PCC) with the International Coaching Federation (ICF) and Certified Coaching Supervisor (Coaching Supervision Academy):

- Private coaching practice – 1000+ hours logged having coached over 100 clients across the UK, Europe and North and South America, and from a range of professional backgrounds, including: lecturers, professors, PhD students, undergraduate students, teachers, neuroscientists, medical researchers, care-workers, counsellors, writers, consultants, youth workers.
- Group Coaching – has worked with over 50 groups, including undergraduates, PhD students, academics (at all stages of career) in University and NHS settings.
- Coaching programmes – designing and delivering commissioned programmes utilising coaching methodologies and training in coaching skills. Programmes include face-to-face workshops, on-line group coaching, writing workshops, on-line group coaching, peer2peer coaching, coach supervision, 1-1 coaching, 'train the trainer' and team coaching. Clients have included: the Universities of Lancaster, Liverpool, Edinburgh, Lincoln, Leeds, Manchester Metropolitan, Goldsmiths, Essex, Newcastle and Sheffield, Northern Advanced Research Training Initiative (NARTI), VITAE, ESRC North West Doctoral Training Centre, North West Enterprise School, Striding Out, Modernising Local Government, Unilever, North West NHS R&D.
- Publishing - coaching training material for VITAE (including report on coaching for research, report on coaching for leadership, two training manuals on peer2peer coaching, two coaching books (Your PhD Coach (2013) and Get Sorted! (2015) and resource FailuretoLearn (www.failuretolearn.com))
- As a Professional Certified Coach he works within the code of professional ethics of the International Coaching Federation. He also has regular supervision.

Will's Academic Background

As PhD Student (1995-2000), contract researcher (2000-2006) and Lecturer (2006-2013) Will was a REF active researcher, well versed in the challenges of interdisciplinary and cross-institutional research. As a social scientist often working in collaboration with scientists in the field of water management, Will had a reputation for developing high-impact research involving strong stakeholder involvement. As a Principal Investigator and Co-Investigator funding bodies included European Commission, National Research Councils (ESRC and EPSRC), UK Water Industry Research, Government Departments, Private Sector Companies, and Local Authorities. Two of his projects as Principal Investigator were evaluated as 'Outstanding' by the ESRC, one being awarded second place in the ESRC Celebrating Impact Awards (May 2013).

Will was also passionate about students learning and the student experience. As a Lecturer he engaged developing group and experiential learning where possible. As a coach he's continued to work with undergraduates and post-graduates in workshop and group coaching formats. This included

publishing two co-authored books two coaching books (Your PhD Coach (2013) and Get Sorted! (2015)), developed a series of videos to support student resilience (available on youtube) developing resources around fear of failure (www.FailuretoLearn.com),

Will's approach to workshops

Will is deeply committed to ensuring all participants gain from the experience, offering an appropriate balance of professionalism, emotional sensitivity and humour to develop the right conditions of challenge and support conducive to participant engagement and learning. His sessions are regularly scored as 'excellent' by participants and comments have included: "respectful, sensitive to needs of the group", "Fantastic, created really safe atmosphere to expose the issues raised", "Excellent. Very patient when dealing with quite a few of us, kept us on track ", "Exceptional – humane, forgiving, thoughtful and able to bring out the best in a diverse group" and "Excellent, professional, honest and inspiring".

Qualifications

IRest Meditation Teacher (Level 2) Teacher, Integrative Restoration Institute, October 2018

Diploma in Coaching Supervision, Coaching Supervision Academy, November 2017

Advanced Group and Team Coaching Practicum, Potentials Realized, June 2016

Professional Certified Coach (ICF PCC), International Coaching Federation, April 2016

Mindfulness Teacher, Teach Mindfulness, October 2014

Accredited Certified Coach (ICF ACC), International Coaching Federation, February 2013

Co-active Professional Certified Coach, Coaches Training Institute, November 2012

Organisation and Relationship Systems Coaching Fundamentals, CRR Global, October 2011

Post-Graduate Certificate of Achievement in Coaching and Mentoring, Lancaster University, June 2009

Post-Graduate Certificate in Academic Practice, Lancaster University, June 2009

Ph.D. in Sociology, Lancaster University, 1995-1999. Awarded 21st March 2000.

B.Sc. (Hons) 2.1, Sociology and Social Policy, University of Southampton, 1992-1995