



THINK AT YOUR BEST
GROUP PROGRAMME
AUTUMN 2023

WHY JOIN?

The quality of our actions depend on the quality of the thinking we do beforehand.

The quality of our thinking depends on how we are treated while we are thinking

Nancy Kline

If you need a space to think at your very best - perhaps because you are managing multiple priorities or dealing with complex issues outside of your control, we'd love to welcome you to our unique group membership programme, where once a month you will be listened to deeply, appreciatively and without interruption. You will reciprocate for 2 other thinking partners

You can choose to set your goals and intentions for the coming 4 weeks and report back on progress

Each group meeting is expertly facilitated by Ann Nkune, BB's founder and director who uses the Time To Think framework to guide discussions

Group membership is £30/month (no charge or meetings in August or December, cancellable any time) and includes a 1.5 hour live group session online, access to private WA and Slack channels and an annual in person get together for the network at a central London location



HOW DOES IT WORK?

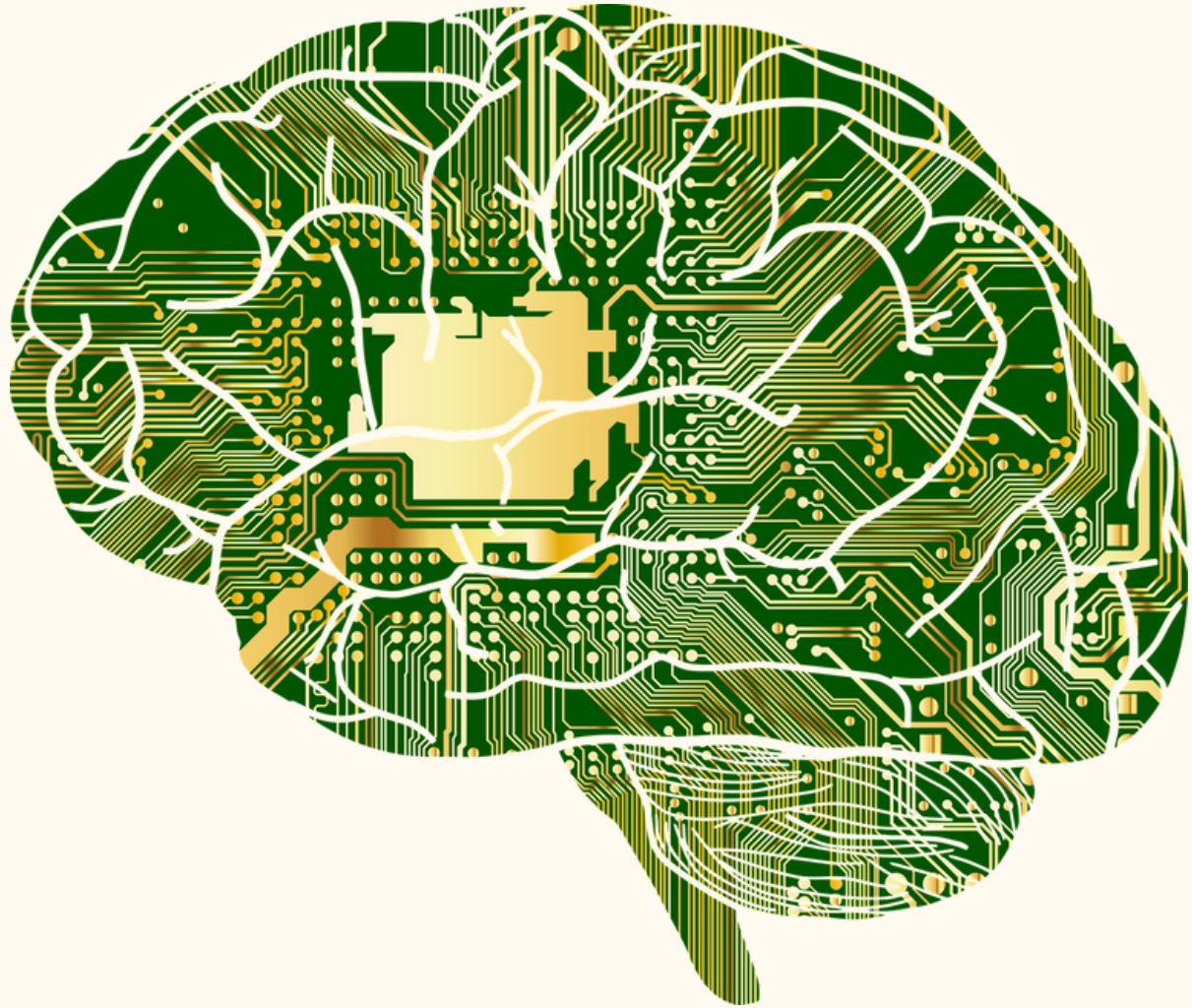
Join the 4 weekly session via Zoom, logging on 5 minutes before the session starts, and trying to ensure that you will be able to focus, uninterrupted, for 1.5 hours. Your group will have 6 members

Settle in to the session by choosing either to work individually on your purpose for your thinking time, or by chatting with one other participant

Spend 45 minutes in a Thinking Trio, with each member spending 10 minutes on uninterrupted thoughts, feelings and talk, followed by an appreciation and feedback from one other member. The thinker can also choose to use their time to ask for more detailed advice or feedback, for example about any limiting assumptions the listener is hearing, if they choose. The third trio member acts as observer, time keeper and (with the thinker's permission) can add suggestions, reflections and encouragement into the chat box for the thinker to consider after the session.

Come back together as a whole group for the last 15 minutes, with everyone given time to reflect on their thinking session, and set any intentions they'd like to have recorded

Use the WA or Slack channel to share progress or set new intentions during the month



HOW CAN I MAKE THE MOST OF THE SESSIONS?

There are some easy things you can do in advance to get the best out of the session:

Identify an issue you'd like to think through - describe the problem and then try to phrase it as a positive change ("I'm feeling overwhelmed" might become "I want to feel more in control")

Consider the times you have achieved a similar change - and list some of the skills and qualities you used to do this

Create a dream or vision for how things will be in the future - perhaps using a vision board or by moulding something in clay. Stay 'big picture' and keep your creation somewhere you can see and review it regularly.

Get down as many possible actions you might be able to take now or in the future to move towards your dream. Think about any limiting or unhelpful assumptions you might be making as a way to expand this list further

Identify what you can commit to doing now, and how you will record, learn from and appreciate the impact of those actions. This is called appreciative inquiry, and you can learn more about it [here](#)

You might also find a short mindfulness meditation just before the session helpful to focus

But we know you're busy, so there's time built in for getting settled at the beginning of every session too!



WHAT DO OUR EXISTING GROUP MEMBERS THINK?

The Think at Your Best Programme has been co-designed, piloted and reviewed with 6 brilliant women over the last year, drawing on all of our professional and life experience.

"I've felt a genuine sense of care, appreciation and encouragement from others in the group"

"dedicated time and space to think, talk, rant and work through my thoughts"

"It's an opportunity for peer support, advice, ideas, encouragement and perspective"



YOUR FACILITATOR

Ann Nkune is founder & director of Bloomsbury Beginnings CIC.

She has supported and advised 500+ mid career women through our group coaching and start up programmes, many of whom have launched new ventures, changed their careers or made progress on their life goals as a result.

Ann also facilitates strategy and planning processes for leadership teams in the charity and social enterprise sector to help them overcome obstacles and work with creativity and optimism.

