

SIMA®

Career & Personal Development
Coaching



*Maximise your
potential!*

NEET *prevention programme for young people*

“Mary has helped my mental and emotional wellbeing not only by showing me what my potential is and who I am, but by being there as a support system”

At **SIMA® coaching** I have over 30 years’ experience of working with the disadvantaged and marginalised in uniquely creative ways that release their long-buried potential, and therefore engender hope and purpose for the future. This programme is a highly unique, individually designed programme using restorative exercises and discussion to enable those who have low confidence to be equipped for life and work.

Those who are NEET or at risk often have a profound sense of uselessness and lack of purpose. The solution should be much more than just getting into ‘a job or training’, but **exploring their identity and potential** leading to wholeness and a sense of purpose.

Uniquely Designed

Each individual – whatever their life experiences – is uniquely and intricately designed with a purpose for good. To the degree that we stray from our purpose we end up lost, and many fall into mentally very dark places, often ending up in the ‘system’.

This will give them confidence that they are uniquely gifted and precious as a human being, who has something good to bring to society.

The Money-Trap

Many young people fall into this trap - this delusional belief is very common in all areas of society; that money and material things will give satisfaction, and this can lead vulnerable young people into dangerous places and make them more likely targets for gangs and criminals. What really brings satisfaction is working at something we enjoy that suits us, and being in healthy relationships and environments.

How the Programme Operates

However much someone struggles at school or however much they are at a disadvantage due to their socio-economic background, what every person wants is to be *heard, accepted and believed in* - without judgment.

This **Programme** is an *individual* programme, designed to pull out and present the person with their *intrinsic potential and giftings* (which are often long buried) using dialogue, creative expression and restorative thinking. These help the individual to get in touch with their intrinsic ‘design’ and how they are at **their best**.

This process is an unapologetically **positive** process which does not use psychological or psychometric profiling, nor does it focus on negative emotions or experiences, which means it can be used complementary to existing therapy or counselling programmes.

We help them to (re)discover *Intrinsic*¹:

- Interests, preferences, academic, practical, technical and creative attributes, sensory preferences, artistic tendencies, etc.
- Their ‘motivational giftings’ such as how they are motivated to learn, investigate, evaluate, express, influence, etc. and what their positive, intrinsic ‘motivational drivers’ are.
- The circumstances and contexts where they naturally flourish, eg. certain team contexts, physical environments, needing supervision, being independent or adventurous, creative projects, etc.
- The roles they feel they are at their best (types of leaders, contributors, entrepreneurial, etc.) – their intrinsic ‘Motus Operandi’ when at their best in a team context.
- Where they can go and what they can do with this renewed discovery – ie. finding vision and a future – with practical and emotional support and mentoring to getting onto that new pathway.

"It gave me confidence in my abilities. My life makes sense now and I am ready to give my life meaning"

About the coach

Mary wanted as a child to go into a career as a ballet dancer when it was abruptly halted in the 6th form due to a back problem. Not knowing what to do instead, she decided to go to university to study German. However, after university Mary could find no work using her newly acquired qualifications and became very frustrated, as she felt very lost in terms of finding a satisfying career. She spent many years going from job to job as a secretary/PA in London. Just before she met and married Danny, she discovered a love of theatre and acting. She trained as a mature student with a company whilst they were in Canada and did an apprenticeship before returning to the UK, when she started training young actors – having discovered a gift and passion for coaching. Mary had experienced life with Danny’s serious PTSD and other (undiagnosed) conditions due to his childhood in the care system and fall into gangs and crime. This helped her to gain a strong compassion for those damaged and disadvantaged in society and education, and a passion to help to give them purpose and meaning. This led her into professional training with a company called SIMA® International to become a personal development and career coach. She has been doing this freelance since 2005 with individuals and companies in several countries from all backgrounds ranging from company CEOs to forces Veterans, those in retirement and youth. Mary has also worked with youth as a progress coach, in schools and colleges including SEND for the past 30 years, alongside her coaching and theatre production.

More information on SIMA®, Mary’s biography and endorsements: www.sima-coach.uk

¹ Based on the SIMA® International MAP® Motivated Abilities Pattern – licenced by www.simainternational.com