



Alice Thompson, Purpose Coach

Find Your Purpose Workshop

Find a purpose. Live on purpose. Work on purpose.

Contents

| | |
|-------------------------|-----------|
| About the Workshop..... | <u>01</u> |
| Workshop Logistics..... | <u>02</u> |
| About Alice..... | <u>06</u> |
| Getting Started | <u>08</u> |
| Pricing..... | <u>09</u> |

About the Workshop

Who are you at your natural best?

This inspiring workshop is available for individuals, teams, and larger events of up to 50 people (working in pairs). It's an intensive coaching experience that fosters authenticity and deep connection to who you already are at your natural best.

Many of us are familiar with setting goals or defining our mission and vision for the future: But this process is interested in the power of the strengths you have already. It helps you to truly own those strengths and realise your incredible potential, so you can ensure you're putting your best foot forward.

The last part of the workshop beautifully ties together key pieces of data collected throughout the session, delivering a concise and unique Purpose Statement which you can use as your 'true north'.

You'll also leave with a word bank of honorary mentions, meaningful wording that arose from the stories you shared about your perspective on life throughout the workshop. This content is invaluable as a decision making tool or for funding applications, cover letters, branding and marketing materials.

Closely tied to Simon Sinek's 'Find Your Why' process, but blended with Alice's coaching approach and understanding of our nervous system, this workshop is an inspiring journey that leaves the participant(s) feeling empowered.



Workshop Logistics



Individuals - 4 to 5 Hours

This one-to-one experience is deep work, with several participants claiming "it's like 10 years of therapy in 4 hours". This process doesn't mess around. You'll revisit the best & worst moments of your life, and Alice will get you to the other side where you'll emerge with a new found clarity on what's important, self-respect and a profound new perspective on your potential.



Teams - 5 Hours

This workshop brings the team together to create an authentic message that will inspire your stakeholders. Let's face it, people are over vision and mission statements about who an organisation claims they will be one day. Your purpose statement speaks to *why* you do what you do and leans into who your organisation is already when it's at its natural best. People will recognise your organisation when they hear your purpose statement - invoking credibility, trust, loyalty, and respect.



Events (participants work in pairs) - 3.5 Hours

This format is perfect for conferences and events. It allows for an entire room full of people to uncover their purpose statements together in pairs. They'll support each other and create bonds for life, as each participant will get the chance to become the coach *and* the subject. An unforgettable experience and an exciting addition (or main attraction!) for your event.

"Having Alice as my coach has been a life-changing experience! She is understanding and listens really well to what I have to say before responding or providing me with tools. She helped me build my confidence in a big way, find clarity, and helped me to identify my 'why' in one longer session (wow, what an amazing journey that was!). I have tried initial sessions with other coaches in the past however Alice is the coach I stuck with. I can't believe my luck and I am super grateful to have found her."

- Sharon, Comms Manager





"Working with Alice was and is truly life changing for me. She uses different techniques that she explains very well and are often backed by neurochemistry and science. Her professional and empathetic approach to coaching is outstanding and she has helped set me on course in the right direction. I am more motivated than ever."

– Maurice, Fusion Consulting



"If you're feeling unfulfilled or demotivated in your work but don't know what to do to get out of the funk, then drop Alice a line. She combines a comfortable and relaxed environment with empathy, compassion, and a strong understanding of complex neurology! But also not forgetting a sense of fun! A ray of hope, Alice is the voice you wish you had in your head driving you on."

– Peter, Jac Travel

About Alice

Alice Co-Founded Scotland's leading social enterprise, Social Bite. She set Social Bite up as a national cafe chain employing a third of its staff from homelessness, while also providing support services to the most vulnerable people and distributing over 150,000 items of fresh food to the homeless community every year.



The organisation is famous for bringing the likes of George Clooney, Leonardo DiCaprio, Harry & Meghan, Nobel Peace Prize Winner, Malala Yousafzai, and many more to Scotland in support of their work.

During Alice's time with Social Bite, they ran Sleep in the Park (twice) which saw 18,000 people sleep out on one freezing cold December night raising millions of pounds, resulting in housing 600 people who'd been living on the streets for years in permanent homes of their own. Separately, Social Bite also built the 'Social Bite Village' housing 20 people at a time.

In 2020, with Social Bite fully established & employing over 100 people, Alice decided to fly the nest. Social Bite's success came at a serious cost to her wellbeing. She found herself burnt out,

and ironically, unfulfilled from a decade of putting others' needs first and the pressure of rapid business expansion. The professional growth she experienced was both an invaluable and conflicting experience for her.

She flew the nest to begin a new chapter, curious to understand whether well-being, integrity & purpose could actually co-exist in a professional setting. Alice dove into learning about the neurology of purpose and motivation and is now an advocate of professional well-being.

Alice prides herself on a science-based approach combining cognitive behavioural coaching, neurochemistry, the Enneagram and breath work. She uses her expertise to listen, guide, and gently challenge her clients, facilitating a structured process that unlocks their true potential.



Alice holds 3 Honorary Doctorate Degrees, as well as an ITV Pride of Britain Award and the RSGS Livingstone Medal (also held by the likes of Sir David Attenborough).

She also holds a Higher Diploma in Coaching, a Higher Diploma in People Management & certificates in Neurochemistry and the Enneagram.

Getting Started...

Step 1

Get started by [filling in this quick form](#) to tell Alice a bit about yourself, if you haven't already.

Step 2

Alice will be in touch to arrange a free chemistry check with you: A one-off, no-strings attached coaching chat to give you a taste of what it would be like to work together. Chemistry is everything!

Step 3

If all goes well for both of you in your chemistry-check, you'll join Alice for this exciting workshop!

- ✓ Alice won't work with just anyone. The chemistry-check is as much for her as it is for the client.
- ✓ Alice will only take on clients she believes are ready to do the work – it is not in her interest to take on clients she can't help.
- ✓ As a client of Alice's, you enable her time with 3 carefully selected social enterprises and charities that she works with pro bono to help take their impact to the next level.

Pricing

The prices are set to enable Alice to sustain a business that thrives to deliver this service, and that enables Alice to work with more than one demographic while delivering a quality service. To support this, there are different pricing tiers.

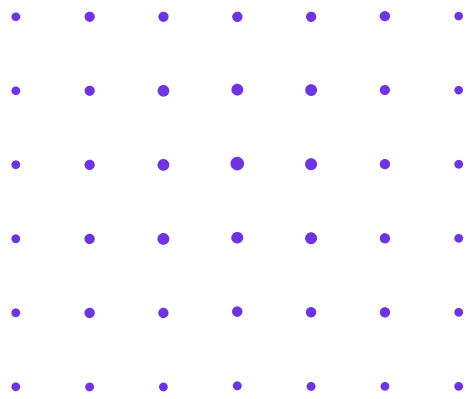
Individuals

| | |
|----------------|---------|
| Standard fee | - £1250 |
| Supported fee* | - £500 |

*For individuals who are not being subsidised by their employer, and who will be subsidised by Alice's other work.

Teams & Events

| | |
|-------------------------|---------|
| Standard Teams fee | - £5000 |
| Charity Teams fee | - £2500 |
| Standard event fee | - £5000 |
| Public sector event fee | - £2500 |



Find your purpose. Live on purpose. Work on purpose.

Coaching to help you find clarity, fulfilment and drive.

Connect with Alice:



www.alice-thompson.com

