



UK Armed Forces Spouse Personal Development Programme Information Session

Designed and delivered by
Your New Wings Life Coaching

On behalf of the Warwickshire Armed Forces Covenant Team
Funded by the Armed Forces Covenant Fund Trust



 THE ARMED FORCES
COVENANT FUND TRUST



Contents

- ▶ What's on offer?
- ▶ History of the programme
- ▶ Eligibility and suitability
- ▶ What's included?
- ▶ Your Commitment
- ▶ Key dates
- ▶ Application and selection process

What's on Offer?

- ▶ 10 free, fully-funded places
- ▶ 10-week personal development programme
- ▶ Delivered online
- ▶ Designed specifically for spouses of servicepeople in the UK Armed Forces
- ▶ Allows you the opportunity to consider the best way forward for yourself and your family
- ▶ Improve your employment opportunities and/or consider your potential to develop your own business

History of the Programme

- ▶ Originally conceived in 2018 by Phil, Alice (Adult Education) and Gill (Army Welfare Service Community Development)
- ▶ Designed with 3 key components (which makes it unique)
 - ▶ Individual Coaching Sessions at the beginning and end
 - ▶ Programme lasting approximately 3 months giving time and space for reflection and exploration
 - ▶ 'Stepping stone' sessions to enable participants to meet a variety of organisations to support them through the next stage of their individual journey
- ▶ Secured funding through AFCFT
- ▶ Pandemic!
- ▶ Change from F2F to online and available to a wider audience

Our First Cohort

- ▶ 20 expressions of interest
- ▶ 13 participants enrolled
- ▶ 2 dropped out as a result of securing jobs
- ▶ 2 chose not to continue due to personal reasons
- ▶ The remaining 9 had a really positive experience and good outcomes

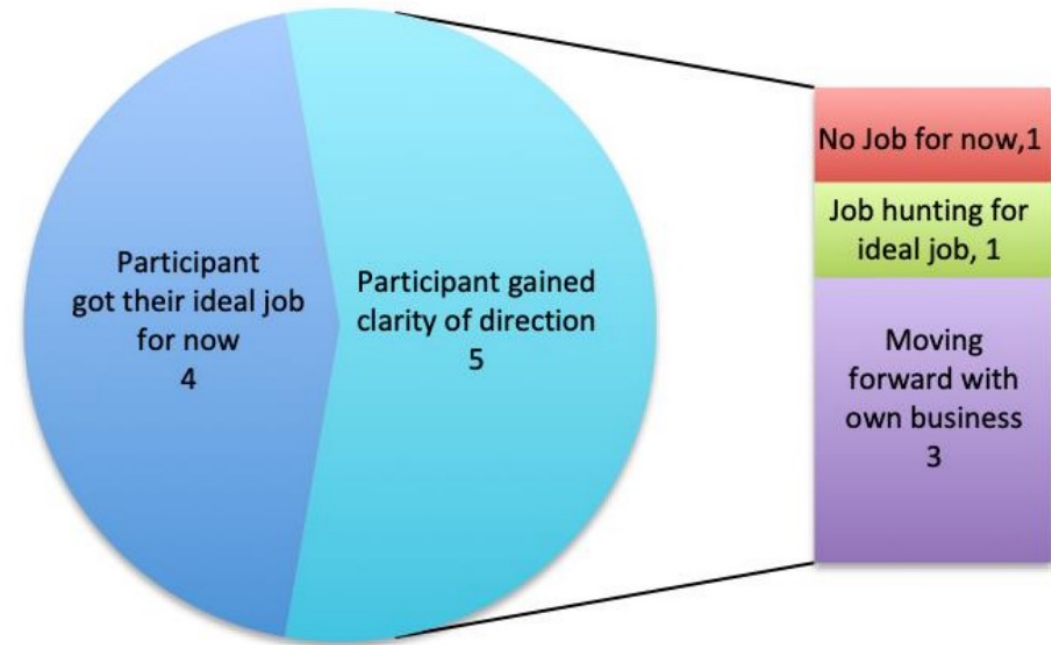
“(What surprised me was) the speed of change in everyone’s thinking and actions. Everyone on the course spoke of fundamental change to their lives in just 10 weeks.” Rebecca

Outcomes

“I started off feeling like my idea was rubbish and just a hobby but now I actually feel like it's a worthwhile idea with lots of potential... I feel like it's going to happen.”

Emma

Participant Employment /Business Outcomes

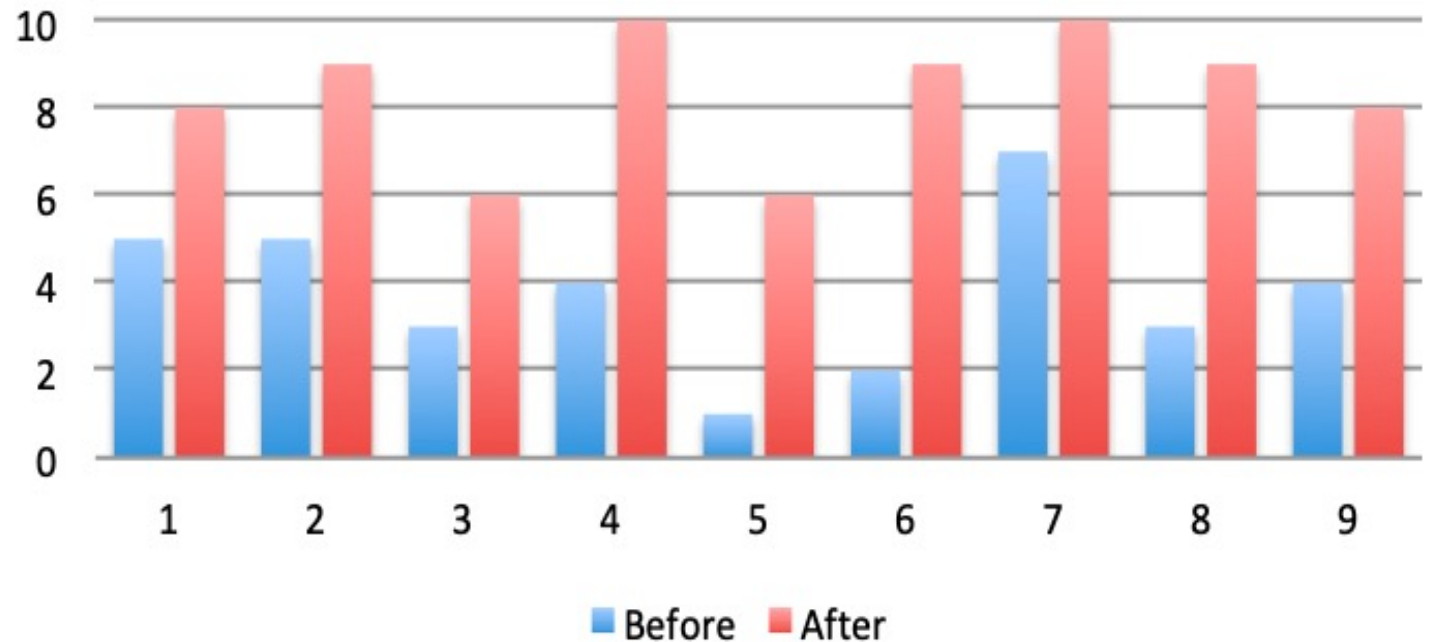


Outcomes

“Before the course I never really focused on myself and found it hard to identify what was important to me. I felt very torn between getting a job and looking after my family. I feel more in control now, like I am doing things more on my terms and based on what is important to me.”

Laura A

Personal Growth & Learning Participant Happiness

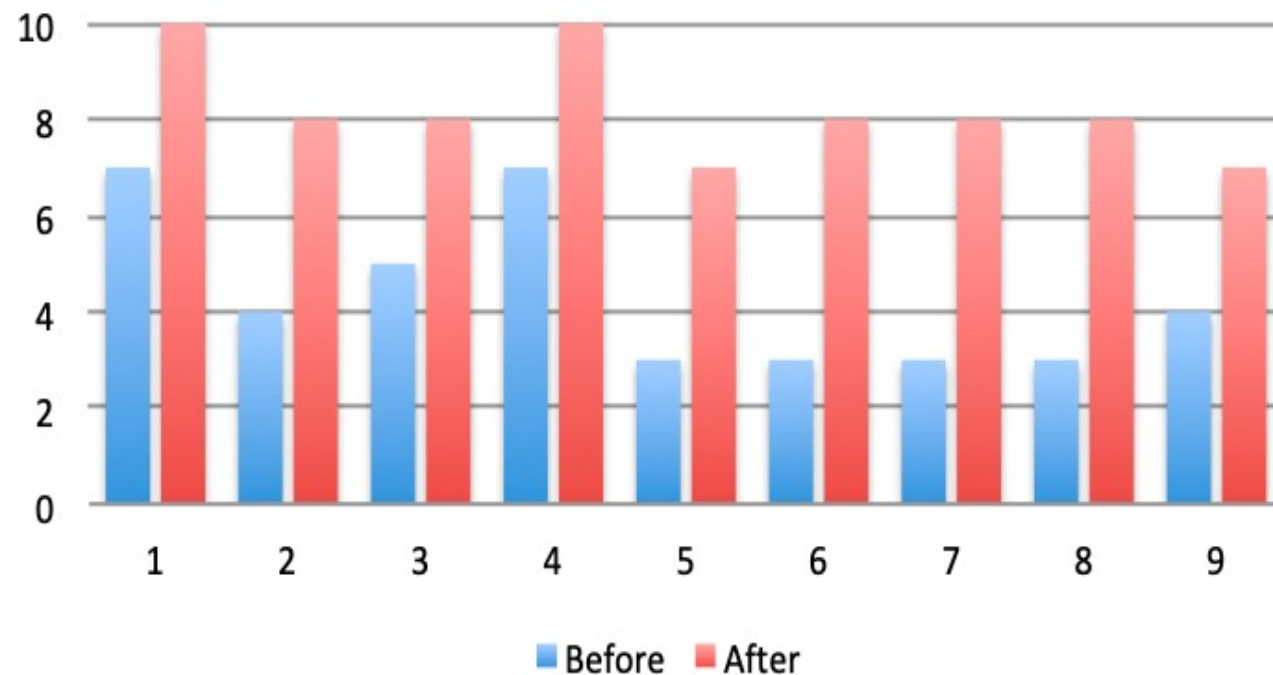


Outcomes

“I feel like I have grown confidence within myself, having learnt tools to keep me focused and calm. I now realise I don't need to justify myself to others all the time. I can trust and believe in myself and my visions for the future, and know that I am worthy.”

Karen

Participants Confidence



Eligibility

To be eligible to apply, you will need to:

- ▶ be the spouse, civil partner or long term partner of a serving UK armed forces serviceperson
- ▶ have access to a computer, tablet or smartphone equipped with a camera, speakers and microphone
- ▶ have access to the internet
- ▶ consent to the recording of sessions for the group members and project team to access (recordings will not otherwise be shared except with the express permission of those involved)

Is this opportunity right for you?

- ▶ Are you wanting a bit more out of life?
- ▶ Do you want to improve your career or job prospects?
- ▶ Are you juggling family, the service and career obligations?
- ▶ Are you thinking of starting your own business?
- ▶ Wondering what job or business could move with you?
- ▶ Considering turning your idea/hobby into a business?
- ▶ Wondering where to start in planning your future?

If you answer yes to any of the above, please consider applying for one of our fully funded places.

What is Included?

- ▶ Group coaching with Tina Smith - 7 sessions of 1 ½ hour duration
- ▶ Individual coaching - 2 sessions of 45-minute duration
- ▶ Group support from fellow participants undertaking a similar journey
- ▶ Guest speakers providing business development and education opportunities
 - ▶ e.g. Families Programme, SSSVC - Social Media Spouses, Families Federations
- ▶ A learning hub for easy access to your learning materials
- ▶ Create your own personalised development plan with support and advice

Your Commitment

You will need to be able to commit to the following:

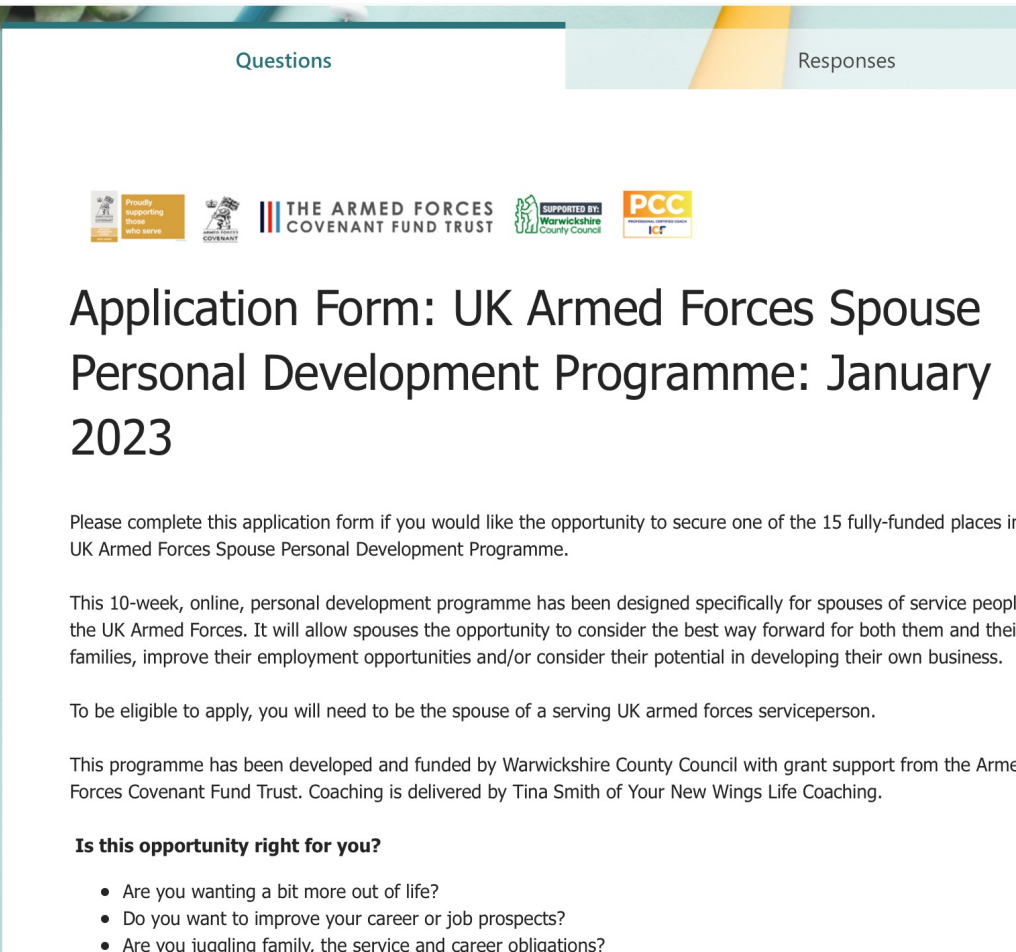
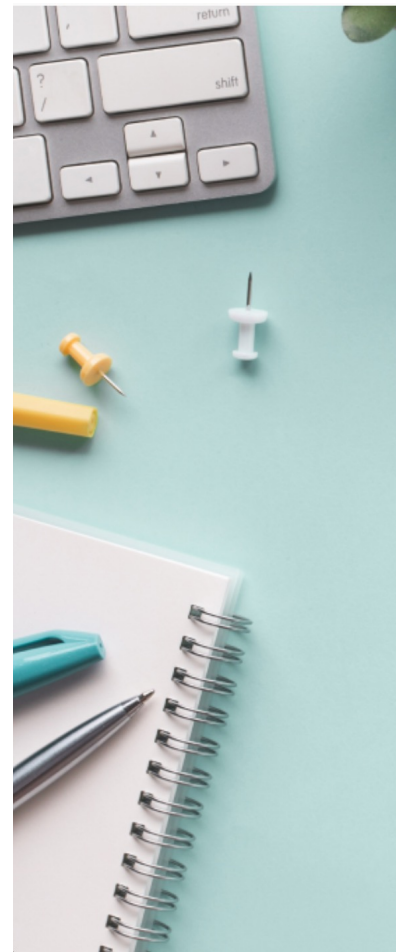
- ▶ Dates/times of group sessions
- ▶ Completing the work between sessions
- ▶ Full participation

Key Dates





- ▶ **Applications are now open**
- ▶ **Applications close** - Midnight on **Sunday 6 August, 2023**
- ▶ All applicants will be informed of the outcome of the selection process by **Wednesday 16 August, 2023**
- ▶ **Initial Individual Coaching Sessions** will be scheduled between **7-22 September, 2023**
- ▶ **Group Sessions 1 - 10**
Tuesdays 1300 – 1430 BST
September 26
October 3, 10, 17, 14 (No session 31)
November 7, 14, 21, 28 December 5
- ▶ **Final Individual Coaching Sessions** will be scheduled between 14-28 November, 2023

Applications

- ▶ You will need to complete our online application form:
 - ▶ <https://forms.office.com/e/u8S7DL19b2>
- ▶ Please answer the questions and submit your application by midnight Sunday 6 August 2023 to be considered for one of the 10 available places



Questions Responses

  **THE ARMED FORCES COVENANT FUND TRUST**  **SUPPORTED BY Warwickshire County Council** 

Application Form: UK Armed Forces Spouse Personal Development Programme: January 2023

Please complete this application form if you would like the opportunity to secure one of the 15 fully-funded places in the UK Armed Forces Spouse Personal Development Programme.

This 10-week, online, personal development programme has been designed specifically for spouses of service people in the UK Armed Forces. It will allow spouses the opportunity to consider the best way forward for both them and their families, improve their employment opportunities and/or consider their potential in developing their own business.

To be eligible to apply, you will need to be the spouse of a serving UK armed forces serviceperson.

This programme has been developed and funded by Warwickshire County Council with grant support from the Armed Forces Covenant Fund Trust. Coaching is delivered by Tina Smith of Your New Wings Life Coaching.

Is this opportunity right for you?

- Are you wanting a bit more out of life?
- Do you want to improve your career or job prospects?
- Are you juggling family, the service and career obligations?

Selection Process

Once applications close, 10 places will be awarded as follows;

- ▶ 3 places are reserved for Warwickshire residents due to funding arrangements
- ▶ These 3 places will be assigned randomly, from the Warwickshire applicants
- ▶ The final 7 places will be assigned randomly, to all other applicants
- ▶ A waiting list will be created in the event that awarded applicants are no longer in a position to take up a place

Some final words...

“I surprised myself in being able to talk to ‘strangers’ so openly about my career and my life. It has felt like a very safe space and has been great to listen to other people's stories and to offer advice and support for their ideas.”

Jessica

Contacts:

Your Coach:

Tina@yournewwings.com

Support:

Louise@yournewwings.com

Armed Forces Covenant Team:

phildeakin@warwickshire.gov.uk