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Escape the City – Coaching



Escape Coaching – An Introduction



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A Word From The Founders



Dear Esc Member,

We are building Escape the City to help talented but unfulfilled professionals find exciting alternatives to their corporate jobs.

Although some people know exactly what they are looking for, many others are looking for that next level of support and guidance to help them find work that really makes them tick.

*If you are looking for hands-on help with your next move look no further. We are really pleased to be able to offer you **The Great Escape** – our one-on-one coaching programme.*

We are working with a pair of really impressive coaches to build a series of new coaching services specifically aimed at helping you find work that really makes you tick (additional services coming soon).

If this sounds of interest, all you have to do is email coaching@escapethecity.org and request a free initial 30-minute consultation with either Phil or Susie – our two Esc Coaches – to understand whether one-on-one Escape Coaching is right for you.

The team are London-based but they're very happy to work remotely and often provide their services over Skype / telephone.

If you have been struggling to discover work that will really excite, inspire and fulfil you we strongly recommend making an enquiry and having a chat with one of our excellent coaches.

All the best,

Rob & Dom
Co-founders of Escape the City



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Welcome to Escape Coaching



An introduction to Escape Coaching

- **Imagine doing work that inspires, excites and fulfils you...**
- **Imagine doing work that really makes you tick...**
- **Wouldn't it be great to be genuinely energised and motivated by whatever you spend the majority of your time doing?**

Congratulations, If you're reading this, you're presumably a successful professional. You've paid your dues, worked hard and developed some great skills and experiences.

However, the fact that you've visited Escape the City might also mean that you are experiencing that nagging feeling that your career isn't giving you everything you need.

As Escape coaches, we know that this is a very exciting place for you but we also know that this can be a very frustrating time. You may be feeling...

- 1. Stuck** – you know that this is not the right work for you, yet it's hard to figure out what is right
- 2. Frustrated** – you have great skills and experience but can't see how to apply them to a role you'd enjoy
- 3. Worried** – you have a “successful” and “stable” job and feel that it'd be crazy to give it up for a new adventure
- 4. Lost** – you're struggling to work out what opportunities are out there and how to go about finding them

Escape Coaching is about helping you to create your Escape plan.

Make an exciting career change and find work you love
Start your own business doing something you are passionate about
Go on a big life-enhancing adventure



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The Great Escape



The Great Escape

The Great Escape provides you with intensive one-on-one support to help you get clear on what makes you tick and to help you create an Escape Plan that works for you.

We'll help you feel focused, motivated and confident in your plan. You'll get unstuck and create a clear vision for the work you were meant to do and the life you'd like to live. You can enjoy the pleasure of exploring and creating a new and meaningful work for yourself.

More importantly we'll provide support to take the action to make your Escape a reality. We'll help you turn your Escape from a pipe dream into something that you can confidently achieve.

The Escape Plan includes:

- Six 90 minute face-to-face coaching sessions allowing you to create and implement your Escape Plan
- The support of an experienced Escape Coach who has helped hundreds of professionals to make significant career changes
- Clear action steps in between each session to build momentum and confidence
- Ongoing email support throughout your Escape
- Access to psychometric tools and assessments to get clear on your skills and strengths and how to put them to work
- You'll create a personal Escape Plan and be supported in confidently making your Escape.



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Introducing Susie Lawrence



Susie Lawrence – Escape the City

My name is Susie and I work with individuals to help them make decisions about their working future.

After working for 5 years as a career coach at the London School of Economics, I set up my own consultancy so that I could develop an innovative range of career programmes.

Many of the young and talented clients that I was working with were asking me for more in-depth support and returning to me when looking to re-assess their lives after beginning their first roles.



I work predominantly with individual clients and teams in their 20's and 30's – helping them to work out who they are and where they want to go to next.

Alongside my private practice I work with young leaders in organisations across Europe. My clients include Teach First, Credit Suisse, Sciences Po, The Foreign Office, London School of Economics, The International Institute of Education and Promise Corporation.

I have an Msc in Organisational Psychology/Career Management and a first degree in Psychology which gives me a great theoretical background but the reality of issues that people in and outside organisations face keeps me constantly stimulated and excited by the work that I do.



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Introducing Phil Bolton



Phil Bolton – Escape the City

My name is Phil and I specialize in helping ambitious, talented people find work they love and make the most of their potential.

After graduating from Cambridge, I qualified as an accountant and spent the first 10 years of my career in client service with Deloitte in both London and San Francisco.

It was great experience, however I always felt my work lacked meaning. I took a leap of faith and started my own Escape Plan in 2007. Guided by my coach I set out to discover work that I found inspiring and fulfilling.

Realizing that I'm driven to help others fulfill their potential, I spent a year qualifying as a coach with Ipec (the Institute for Professional Excellence in Coaching).

I worked as an in-house coach with Deloitte for a year supporting leaders and high potential professionals in taking their career to the next level. In 2008 I started my career coaching practice, Less Ordinary Living. I help my professional clients to take control of their careers and find work that is challenging and enjoyable.

I haven't looked back - I'm loving every minute. Working with Escape the City is a huge opportunity to help talented professionals execute their Escape Plans.





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Recent Escapees



Escapee: Amy

From: Management Consultant >> To: Learning & Development Manager

"The decision to work with Phil was spurred by the realization that what I wanted was not only to focus more on helping others develop and grow (my favourite part of the consulting job) but also more time and flexibility to spend outdoors to indulge my other passions (adventure travel, paragliding, hiking, following professional cycling)."

Escapee: Terri

From: Management Consultant >> To: HR and Learning Manager

"I spent a long time as a manager in a consulting firm serving clients yet I felt I'd lost track of my career direction. I reached the point where I'd had enough and it was time to find work that felt meaningful and motivating. Phil helped me to think through my career history and understand more about myself."

Escapee: Awaz

From: Corporate Tax Lawyer >> To: Public International Lawyer

"Changing career direction was not an easy decision. As a corporate tax lawyer working in a magic circle firm, I often felt like I was running on a treadmill at top speed with absolutely no idea of how to hit the stop button! [...] Working with Susie doesn't involve a rigid, "one size fits all" process."

Escapee: Loic

From: Teacher >> To: Independent Consultant

"After leaving Oxford I joined the Teach First programme but knew that I wanted to make an impact in a different way. I used my sessions with Susie to understand how my personality and experiences to date have shaped and would shape my future choices and explore options to travel, start my own consultancy and generally manage my lifestyle in a different way."



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Sounds good. What next?

Email us to request an initial consultation.

Tell us about yourself.

Learn more about how we could help you escape.

Phil or Susie will get back to you as soon as possible.

(Keep reading for additional information)

coaching@escapethecity.org



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Additional Information



1. What type of clients have we worked with before?

The Esc Coaching Team both followed professional career paths before making their own Escapes to become professional career coaches. We're passionate about helping others to discover fulfilling work and have helped hundreds of professionals to do something different.

Our clients are usually motivated, ambitious professionals who have forged successful careers in large corporations. In particular we have served management consultants, professional service professionals, those in finance, marketing, business development, law, insurance, media and communications (in fact most jobs where you still need to wear a suit and tie to work).

Our clients are often frustrated with their work. They're looking to take control of their career path and find work that they find meaningful. The problem is they are often struggling to figure out their next steps and how to make that career change happen. It also feels difficult to leave behind the comfort of a well-paid job and strike out on their own adventure.

We provide the expertise, support and motivation to plan an Escape and make it into a reality. We love finding creative ways of doing something different.

2. What kind of outcomes are there?

The exciting part is that our clients are now doing a wide range of things – moving from investment banking to an inner city school, running their own social enterprise, setting up their own consultancies, taking the gap year they never had.

Some are still working in their previous organisations, sometimes with a new team or a different role or some have taken up external part-time volunteering challenges outside work, or even sailed across the channel.



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3. What have some your clients said?

"It made me realise how I could put together everything I loved so that my work became a pleasure and I could kiss goodbye to that Monday morning feeling!"

"I was stunned by how much I got out of my sessions. Her vast knowledge and intuitive sense for people make her perfectly placed to guide you through complex career conundrums. She helped me to sift quickly through my ideas and motivations, challenged my presumptions and asked just the right questions. Susie's genuine, friendly manner encourages openness and I felt that by the end of our relationship she knew me well. I left the sessions not only with a range of specific new avenues to explore, but also, more importantly, with a much clearer sense of my own priorities."

"My coach has been a guiding light through what at times seemed to be difficult journey. Ultimately they provide expert advice and professional insight."

"Susie is able to analyse and understand me very quickly and then use her wide knowledge to make useful suggestions. I found the clear and honest feedback far more useful than the general advice offered from other sources."

"I wouldn't have got the job offer if I hadn't been lucky enough to work with you."

"You helped me out so much and if it wasn't for you I would not have been able to nail my job interview and go in with all that confidence."

"The sessions left me feeling very positive – and with a good sense of the direction I was going in."



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Additional Information



[continued...]

3. What have some your clients said?

"I hired Phil to help me set a long term career objective and a path towards it. His coaching was practical, supportive and highly motivating. One of the best self-investments that I've made. I would highly recommend Phil to anyone seeking a professional coach."

"Phil is a superb coach, and I have recommended him to several colleagues who are looking at making significant career transitions. He asks smart (and difficult) questions, is focused on getting results for his clients, is a creative brainstormer - and he does it all with a great sense of fun and playfulness."

"I've worked with Phil over the last few months and he made an amazing impact on my life and career plan right from the start. Phil has helped me increase my confidence, take control of my career development and regain work-life balance. He always provided structure and action plans to ensure that I kept making progress towards my goals, and I came away from sessions feeling really energized. Phil is very perceptive, a great listener, and I would highly recommend him to anyone seeking a change in their life, however big or small."

"Phil is a dedicated career coach who inspired me to discover and take the necessary steps to change my career in order to follow my passions. He walked me through a tailored process that met my needs, always taking the time to understand who I am and where I want to get to in my career. Throughout my entire time working with Phil and beyond, he made me realize that I have the potential to do something extraordinary with my career and that is exactly what I have set forth to do."



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4. What is our perspective on Coaching?

Coaching will help you understand yourself and focus on where you want to be and how to get there; take a look at our client case studies to see the wide range of our work. Many of our clients have decided to change career and coaching has helped them to clarify their strengths and identify careers or roles which will allow them to use these strengths and provide a meaningful environment.

Some of our clients decide to stay in their present role as the coaching process helps them to develop new working styles and see how their present career fits in with their long term life plan. We have worked with clients who are now running their own companies but also clients who have made subtle shifts in the type of work they do or the organisation they work for.

5. Can you help me to find my next job?

Yes... and no.

Yes.... The Escape Coaching team are focused on helping you to create your Escape Plan. We'll help you to get clarity on what you want from your work and what feels meaningful. You'll also develop a strategic master plan to get you from your desk today to where you want to go.

We're experts at helping you to use your network to get a new job and how to tell your story to be the ideal candidate for a new opportunity. We'll be behind you every step of the way in your mission.

No... We're not recruitment consultants and don't match you up directly with employers. Fortunately Esc is constantly listing exciting Escape Opportunities to help you find the right next role for you.



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Additional Information



6. Is this therapy?

We are not therapists and are not trained to be so. However it's really hard to separate your work from everything else that happens in your life.

So we will often ask you to think about the influences from your early life and the impact that school and early relationships have had on your work choices. It's interesting to explore, for example, how you make decisions, how you want to make an impact at work, motivation and drive and what gives meaning to your life and work. So our work has a psychological dimension but we do not work with issues which would be best addressed on a therapeutic level.

7. How can coaching work for me?

Coaching is a catalyst to help you make and execute your Escape Plan. Working with an Escape coach lets you step back from the daily grind and get focused on what is most important to you.

We'll set clear objectives for the coaching, and set a timescale for success (hey – we used to be consultants!). You'll get clear on what your Escape looks like and how you're going to make it happen. We'll set out your Escape Plan to achieve your goals by:

- **Developing the necessary skills and mindset** – how to justify leaving a stable job for a new adventure
- **Finding focus and motivation** – how to find your next challenge whilst still in a busy job
- **Taking effective action** – get organised and make each action count

Your Escape Coach will provide you with the structure, support, motivation and accountability you need to make your Escape. As Escape coaches we aim to make your Escape not only clean, but also a lot of fun.



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8. How does one-on-one coaching work?

One-on-one Escape Coaching is a personal service designed to focus on you and your career goals. Our objective is to identify what feels meaningful and motivating for you at work and create an Escape Plan that allows you to do that every day.

We'll have six 90 minute sessions over 2 to 3 months, where we'll focus on developing your plan. In each session, we'll work through bespoke exercises, talk about your progress and identify the next challenges to achieve your goal.

At the end of each session you'll get clear action steps to move the process forward, reinforced by a follow up email.

We'll provide ongoing email support between sessions to address challenges and take advantage of new opportunities. One-on-one coaching is the most effective way for you to get clear on your Escape Plan and make it happen.

10. How much does it cost?

The first step is a telephone discussion with the Escape Coaching team to talk about your needs and find the right price structure that will work for you. Email coaching@escapethecity.org to get in touch.

11. Where would we meet?

We want to make the process really straightforward and so will try to meet in a location that works for you. Sometimes we work with clients in their offices, sometimes at our private members club and sometimes at a quiet public place.

We have one client that is having their session whilst walking around the London Portrait gallery!



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Additional Information



12. How long is a typical engagement?

You will be in charge of scheduling your 6, 90 minute sessions and most clients will complete the programme over 2 to 3 months.

However this is flexible and sometimes clients will delay the final session whilst they try out new roles or undertake research or job hunting.

Our clients will often arrange monthly coaching sessions with us post programme .

13. Do you do any corporate work?

The Escape coaching team specialize in working with ambitious professionals who are looking to find a more meaningful career path.

We also work with various organizations that support professional development including the London School of Economics, Credit Suisse, The Foreign Office, Promise Corporation, Sciences Po and Teach First, Deloitte and Graphite Capital.

If you have any other questions please email coaching@escapethecity.org and we'll get back to you asap.