

Lumination[®]



*The coaching tool
designed to
make a difference*

What do people say about Lumination?

An excellent resource!

Fun, illuminating, meaningful.

Thought-provoking and good fun.

Accessible to people wary of coaching.

*Has given me new insights and (importantly)
steps to move forwards.*

A practical, insightful process!



*Take the first step first!
What will it be?*



*'You have everything
you need.'*

*What can the other
players see about your
questions?
Ask them!
Note any insights or actions!*

What is **Lumination**?

Lumination is a highly interactive coaching tool. Designed as a board game, it may be played with 2 – 6 players and can be facilitated or used as a standalone game. It may also be used as a tool for one to one coaching.

How does it work?

Each player begins the game with a question they have about work, life or career. The game then introduces coaching style questions and interaction between players which is prompted by cards selected during play. Insights and actions are shared throughout the game.

Unlike most games Lumination is not about winning or losing. Each player addresses their own question as part of a shared learning experience.

Who is it for?

If you are a coach, coach trainer or L&D specialist, you can use Lumination to generate a rich learning experience for your clients, trainees or staff. It is appropriate for use in small groups or teams as well as in coach training, accreditation and supervision. It can also be used as an experiential introduction to coaching.

Where has it come from?

Lumination was created by Executive Coach, Hazel Russo, who works with individuals, groups and teams in a wide range of sectors.

Lumination comes from Hazel's desire to support people and organisations with maximising performance and potential in an accessible yet meaningful way.

Sessions available

Team development:

Facilitated half or full day Lumination sessions for a unique, bespoke coaching and development experience.

Open sessions:

For individuals who want to experience Lumination in a small group setting.

Lumination for Coaches Workshops:

For coaches who want to include Lumination in their coaching toolkit.

In-house coach facilitation training:

In-house Lumination training session for coaches, L&D specialists, facilitators.

One to one coaching:

Bespoke Lumination coaching sessions.

Purchase price £225

Discounts available for multiple copies. £50 discount for participants of Lumination for Coaches Workshops. Terms and Conditions apply

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