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**Harmony Coaching Mentoring Avenues** is a social enterprise with charitable status. We aim to offer help to disadvantaged, socially excluded and unemployed people who are experiencing difficulty with life management.



**HCMA IS GOING INTERNATIONAL** Dear reader from the beginning HCMA wanted to share their vision with other like minded people along with personal development tips, to support people in their everyday life. Now I'm pleased to share the success of our Southampton project under Joy Cornthwaite who has built a good reputation and a community of positivity, continued on page 2. We have a bigger vision too and plans are afoot to take HCMA to Mauritius and I will report more in the next edition. Until then enjoy what the spring has to offer. **Love Eileen**



I would like to introduce Dr Richard Hale who has joined the HCMA team bringing considerable commercial sector experience and the research from his doctorate which focused on the link between mentoring and learning. This was completed under the supervision of Professor Alan Mumford, of 'learning styles' fame and Richard's research has been published in books, award winning articles and presented at international coaching and mentoring conferences. Richard has recently been collaborating with Phil Davies, Manager of the National Academy for the Welsh Rugby Union, developing materials and tools based on the crossover between elite sport and business.

## Changing Lives



We support individuals and organisations in achieving the desired results that bring about lasting change through coaching. **HCMA** currently works with unemployed people or people who are in short term employment contracts, BAME (Black and Asian Minority Ethnic) groups, women who are looking to start a social enterprise and people who suffer with dyslexia or a learning difficulty. Continued on page 3

**HCMA Trading teams up with ILM and Middlesex University and we are pleased to present: The Insight Coaching & Mentoring Diploma and Advanced Certificate™** is designed for those who are experienced coaches or mentors and wish to continue developing their skills and organizational impact. It is equally relevant whether you are coaching and mentoring in the field of business, human resource development, healthcare, education, the voluntary sector or in social enterprises.

The programme is practitioner based and focused on best practice in the field of coaching and mentoring. It uses an action learning based methodology which allows you to select and tackle a Coaching & Mentoring Question™ or challenge at either undergraduate or postgraduate level based on your own areas of career interest. Your question, which relates to your career interests, is then used as the focus for your learning.

Richard and Eileen have collaborated in authoring the materials that are used on this programme, and they are both involved as facilitators in the delivery of the programme, providing one-to-one support, facilitating practice groups and workshops and assessing the CPD Workbook assignments.

Additional faculty who are experienced practitioners and qualified in coaching, mentoring and NLP, may be involved in workshop delivery and telephone based coaching. Visit [www.hcma.me.uk](http://www.hcma.me.uk)

<<http://www.hcma.me.uk>>



## NEWS FROM SOUTHAMPTON

2009 was a busy year for our new Southampton branch. We started the year with the excellent news that we had been awarded an ESF grant from Hampshire Community Action. This grant provides funding for us to run a programme of coaching and training for unemployed women in the Millbrook area of Southampton. The GROW programme focused on confidence, assertiveness and job seeking skills and many of our participants have gone on to find jobs, start college courses retraining in new areas or start voluntary work as a wonderful way of stepping back into the world of work. We are also celebrating the recent award of another grant for a project in Havant, Portsmouth this time. Starting in late April we will be working with single mothers on a programme to help develop their confidence, parenting assertiveness and communication skills. These skills will help the women back into training and employment while helping them balance their family commitments and their new opportunities. For more information on our work in South Hampshire please contact our head office. Joy.



Eileen & Joy  
With Southampton's volunteers

## Changing Lives – continued from page one



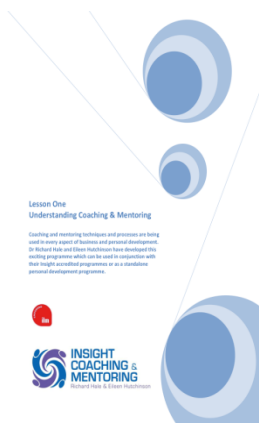
**Peter and Eileen at  
The Mental Health  
Conference May 2009**

### **Clients Story**

The Personal and Professional training that I have done with Eileen Hutchinson has completely transformed me. A lifetime of problems linked to mental health issues is rapidly becoming a distant memory as thanks to Eileen I now have the confidence and the tools to challenge and deal with such problems, enjoying good health and a happiness I have not known since I was a child. I now value myself and am highly valued, loved and respected by others. I see the world with fresh eyes and every day is a new beginning for me which I embrace with joy as each day I continue to expand and build upon my personal success. The wonderful things that have happened for me since meeting Eileen are too many to list, but include obtaining numerous qualifications, and a job that I love. Eileen's great wealth of experience, knowledge, wisdom, integrity and passion for helping people achieve their potential makes her I believe, one of the finest professionals in the field. *"Thank You Eileen for helping me gain a life that I could once have only dreamed of".*

**Peter Wesson**

### **Book of the Month**



### ***Insight Coaching and Mentoring.***

*Coaching and mentoring techniques and processes are being used in every aspect of business and personal development. In this first edition of the Insight coaching and mentoring, Dr Richard Hale and Eileen Hutchinson explain the background to its development and consider how it informs the structure of the overall series. It brings together thinking from a range of contexts where coaching and mentoring is used. It provides a conceptual framework to underpin the programme. It enables the reader to visualise distinctive and common ground between coaching and mentoring.*

Copies can be ordered through HCMA.[www.hcma.me.uk](http://www.hcma.me.uk)

### **Volunteers wanted**

- Admin support to help with the running of the charity office duties will include general administration and helping with the newsletter.
- Trustees who can help us with governance, Funding and marketing.

#### **Address**

The Together Centre 10-12 Exchange Road, Bedwell Stevenage Hertfordshire, SG1 1PZ  
Telephone 01438 725400 Mobile 07771825030

Email [info@hcma.me.uk](mailto:info@hcma.me.uk)

Website [www.hcma.me.uk](http://www.hcma.me.uk)

## Coaching quotes and tips to help you live a life less troubled

### **Oprah Winfrey**

*"You cannot be happy living the life of other people. You can only be happy when you are doing what your heart tells you to do. This is why it is fatal that the majority of people do not even know what their hearts tell them because they have long stopped to listen.*

***Start listening!*** *Whenever you feel uncomfortable with a situation, listen inside to find out why. Your subconscious has the answer. All you have to do is ask and listen. If the answer is uncomfortable, ask a few more questions, go deeper into the matter and find out what is really important to you or why this "thing" is bothering you so much"*

### **Dave Pelzer, author and self-help expert**

*"Build on past successes, be grateful for what you do have, and know that this, too, shall pass. It's only for the now. Whatever we're facing, it's not forever."*

### **Eileen Hutchinson life coach and entrepreneur**

*"What if we lived our lives with a deeper and more conscious awareness of the fact that we get to create our experience of life at any moment? Imagine what our lives, our careers and our relationships would look like if we stopped blaming our experience on other people or on external circumstances. We would free up so much of our positive energy and take back our personal power "*

### **Ed and Deb Shapiro**

*"Life does not come with instructions on how to live, but it does come with trees, sunsets, smiles and laughter, so enjoy your day."*

### **Various quotes unknown authors**

*A 91-year-old man from Romania wrote: "The key to living a happy life lies in learning to live your life awake to what you want and need... it is easy to live your life for others; everybody does. You have to first live your life for yourself."*

*"Happiness depends not on money or riches - it depends on knowing and accepting yourself for who you are. To discover the meaning in life, you need to look within yourself. Go to your own heart, knock there."*

*"I believe the most important thing is to never settle for being a passenger in your life. Jump into the driver's seat. Learn how to handle the cards you have been given. Learn how to be yourself."*

***Until next time  
Love Eileen***