

**Beyond the Bench:  
From Division to Vision**

# **Prospectus**



**Your Post-Parliament Transition Coaching Programme**



[www.eqcc.co.uk/btb](http://www.eqcc.co.uk/btb)

# Beyond the Bench

## Introduction

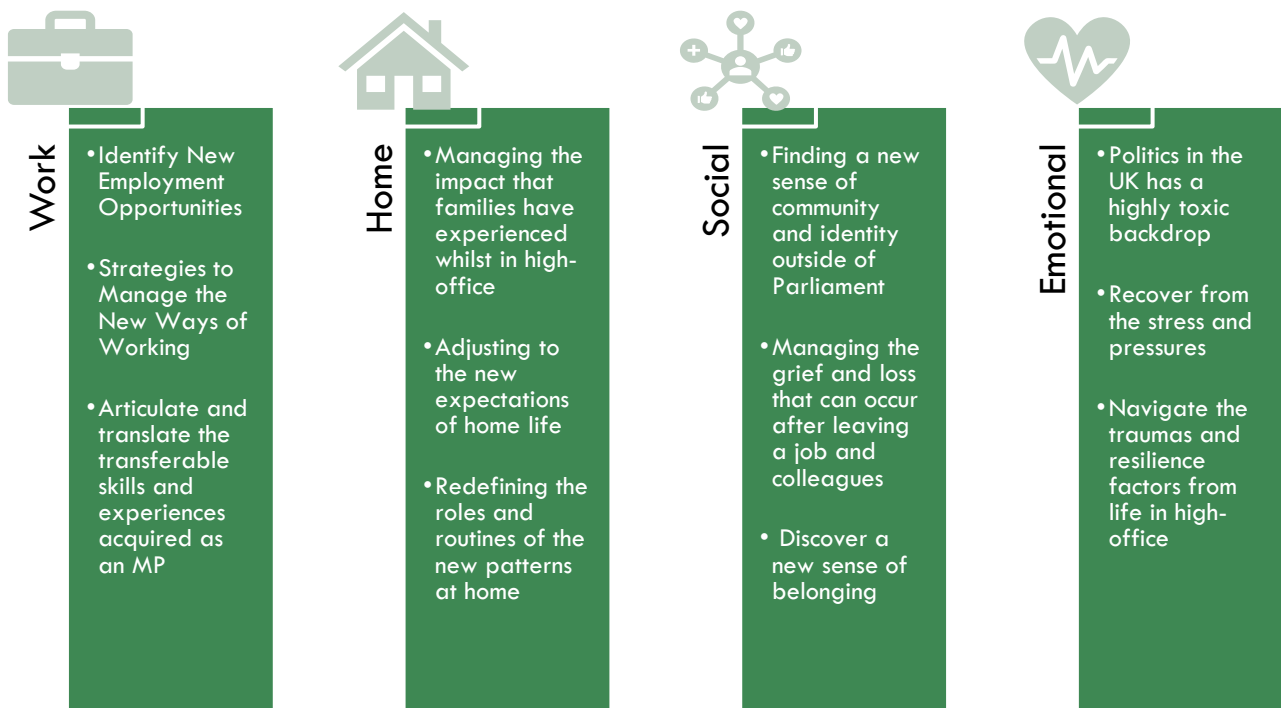
Welcome to the Beyond the Bench Transition Coaching Programme, designed specifically for MPs transitioning out of Parliament. Our programme addresses the unique challenges faced by former MPs, providing a comprehensive coaching programme across four key areas: Work, Home, Social, and Emotional.



## Programme Overview

Beyond the Bench is a coaching programme utilising emotional intelligence frameworks and a strengths-based approach from performance psychology, to help MPs make sense of their time in Parliament and develop strategies for future opportunities.

## The Four Pillars of Transition



**Only 9% of the public trust MPs to tell the truth, the lowest in 40 years.**

**Politicians are the least trusted profession in the UK.**

**93% of female MPs and 76% of male MPs report negative impacts from online abuse.**

**Nearly 50% of MPs who lose their seat won't find new employment within 4 months.**

**10% of former MPs are still unemployed after a year.**

**16% of ex-MPs blame the stress of elected life for their marital breakups.**

**MPs have higher rates of mental health issues compared to the general population.**

**52% of MPs are unwilling to discuss mental health problems with party Whips, and only a small majority feel comfortable talking to other MPs about it.**

Moving to a new phase is inherently challenging. You have been subject to division, hostility and distrust. Exhaustion, overwhelm and burnt-out are prevalent in MPs and commonly experienced once departed from Parliament. There is a detox that is needed following a period of public service within the political environment that exists in the UK.



Past



Future

Division



Vision



Burn Out



Energise

Distrust



Significance



Toxic



Detox



## Unique Value Proposition

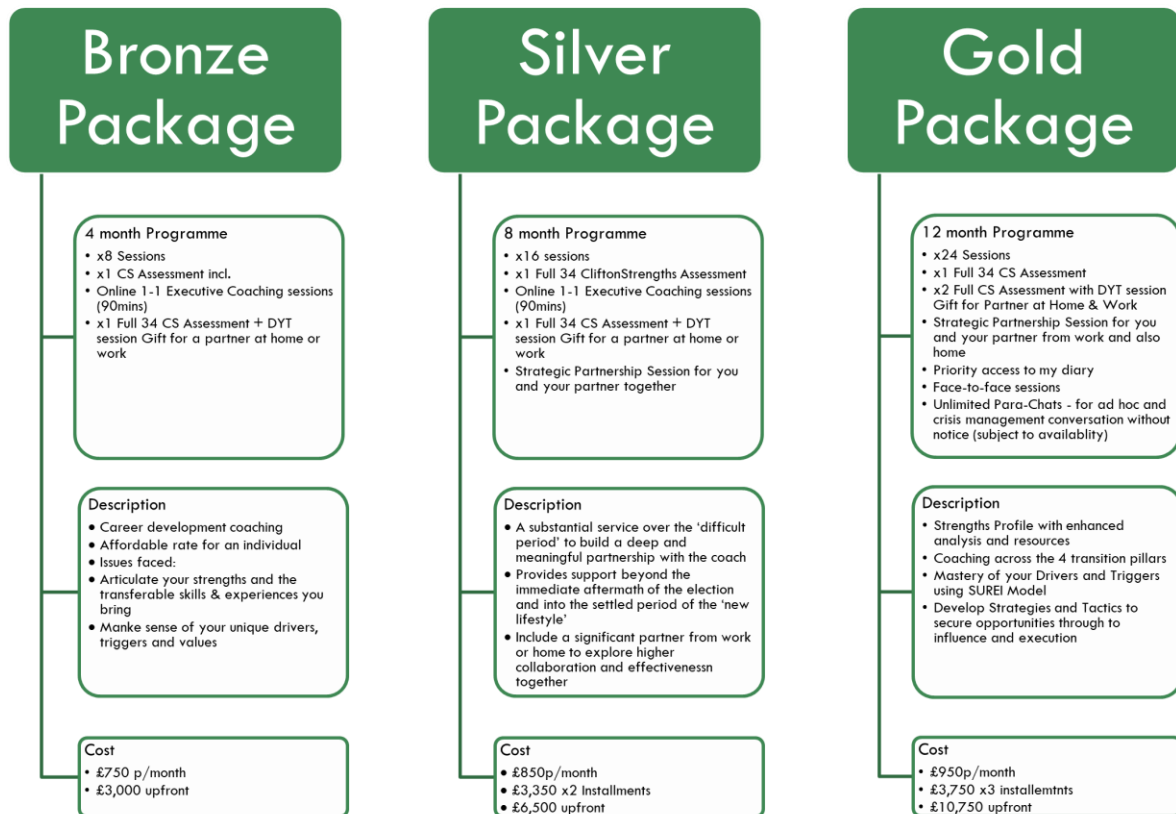
Our programme stands out by offering:

- A coach who cares and provides a transformative experience
- Tailored support specifically for MPs
- Comprehensive approach addressing work, home, social, and emotional aspects
- Emotional intelligence and strengths-based frameworks
- Customisable packages to fit different needs
- Inclusion of significant partners in the transition process
- Support beyond the immediate aftermath of the election



"Working with Richard has made a real difference in understanding my strengths and applying them to my projects. His thoughtful approach has supported my transformation from politician to entrepreneur, enhancing my wellbeing and helping me pursue my goals."

Aidan Burley



## Discovery Call

Please don't hesitate to get in touch if you have any questions or if you would like to explore the programme then [book a Discovery Conversation here](#).



## About Me

I started my career in the public sector, working in Whitehall developing policy and strategy in DfE, DWP and PHE. I set up a coaching and consultancy practice, coaching leaders, managers and high potential individuals, focusing on creating high performing outcomes by driving engagement levels. Supported by a team of trusted and expert associates, I am on a mission to provide transformational coaching to make work and life more fulfilling and engaging for my clients to achieve their goals.



EQ Coaching Company is a business and management coaching and consultancy practice which leverages emotional intelligence frameworks, performance psychology, and strengths-based tools such as CliftonStrengths (see Gallup website: [www.Gallup.com](http://www.Gallup.com)).