Developed for
Business Leaders.
Morphed to empower
Students.

Sprint
For Students

metamorph
reconfigure and grow

Sound
Familiar?

"I didn't know what I was doing at University and whether it was even worth it. I was stuck, unmotivated, and was unable to focus. I really didn't know what I wanted to do and how my degree would help me get a job. I had decided that I was going to drop out…"

Patrick | BSc History | University of Sheffield

"Sprint changed everything."

"...until I completed Sprint with Metamorph. Now I am clear on what I want to do with my future and how to get there. Most importantly I am still in University. Sprint changed everything"
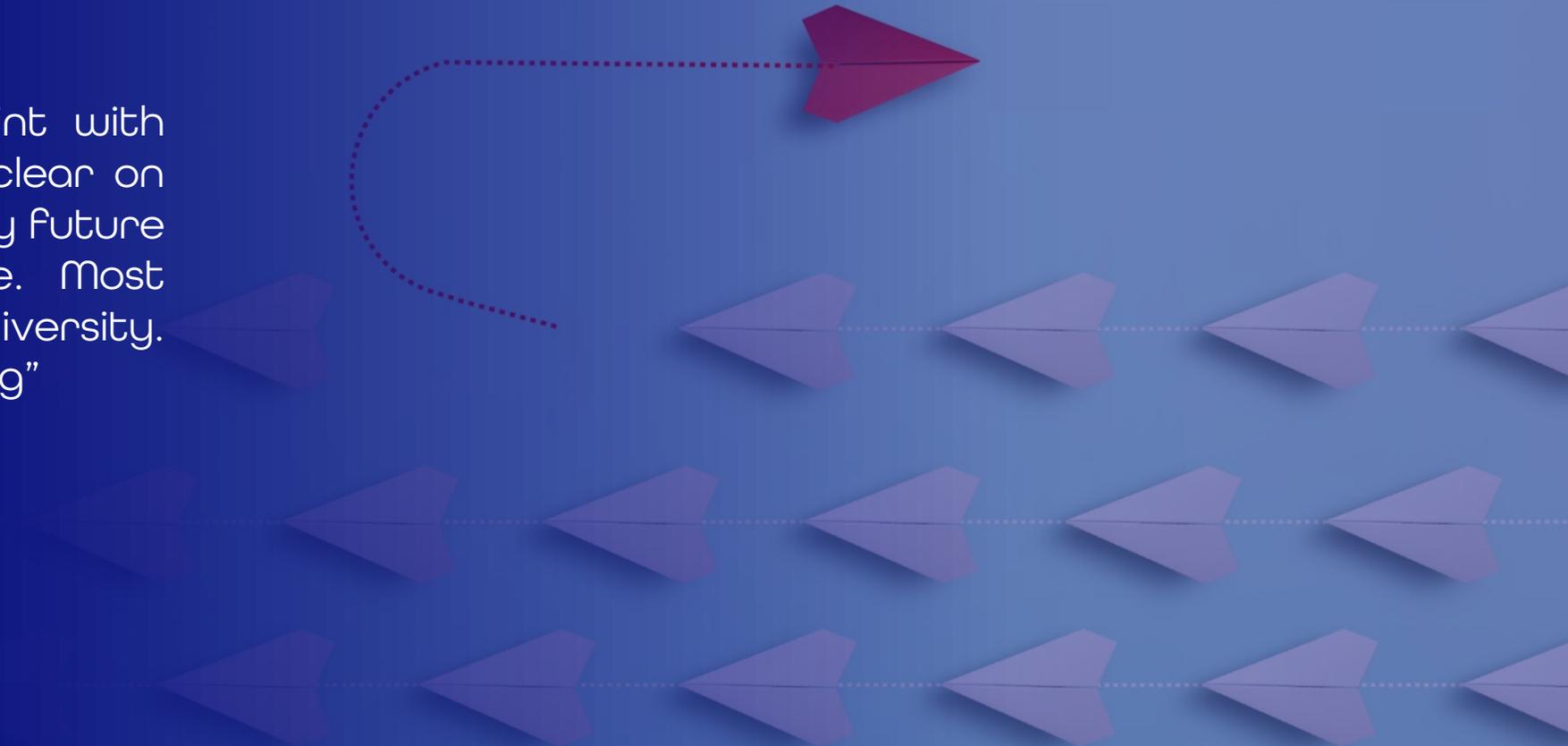
Take control of your future.

Sprint is a 6-week online coaching programme that supports A-Level and University students to achieve personal, academic and career ambitions. Originally developed for business leaders, the programme combines Agile, coaching and teaching techniques to provide students with a unique learning and development opportunity.

An online, virtual, one to one programme by design.

What is Agile?

Agile is an approach used by over 50% of the Fortune 500 companies to develop their products and services, deliver value to their customers faster and respond to change quickly.

Agile is an iterative and incremental approach to product development that enables organisations to master continuous improvement and deliver faster.

Agile enables students to plan more effectively, break long term personal and career ambitions into prioritised bite-sized chunks of activity, and identify and improve weaknesses in the way they work.

The Fortune 500 is an annual list of the largest US Corporations by revenue in the United States.

Alphabet

Amazon

Facebook

PepsiCo

Microsoft

Alphabet

Toyota

JP Morgan

Coca-Cola

Nike

"I've had tutors before.
This was different."

"Sprint starts with Growth Mapping, which enabled me to explore and openly talk about what I wanted to do with my future and then map a path to achieve it.

Metamorph asked me a series of questions and as I spoke, they created my Growth Map live using an online planning tool. It felt like a mixture of counselling, personal training, and strategic career advice.

By the time we had finished I had a plan which set out my 365, 90, 30-day targets, and a supporting 7-day Sprint Plan to work through before the next meeting.

It left me feeling refreshed, motivated and knowing what to do. Most importantly though, I had been able to discover what really mattered to me and then go after it."

Patrick | BSc History | University of Sheffield
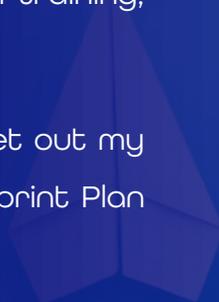
It all starts with
Growth Mapping.

Growth Mapping is a structured consultation that supports students to understand and map academic, career and personal targets as well as identify areas of personal strength and weakness. The session is structured in a way that enables students to have the space to think and plan, with the support of our insight and experience.

We run Growth Mapping with all our business clients. It is always the first thing we do.

"Growth Mapping is brilliant! You guys have us hooked on the way you work."

James Stewart | Director | Urban Symbiotics

!This is such a valuable thing to do, not just for me, but for my whole leadership team."

Valerie Labi | Ghana Country Director | iDE

Why is it valuable?

The session is designed to develop a 12-month Growth Map and a 90, 30 and 10-day prioritised plan centered around a set of priority outcomes. These provide the student with a clear focus and are broken down into a level of detail which helps to increase motivation and productivity. We use growth mapping as the focal point of our work with all our clients; whether they are the CEO of multinational business, a team leader, or an intern.

Sprint for Students | Programme overview

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Meeting	Growth Mapping	Be your own coach	Identify and leverage your network	Learn to fail fast	Growth Mapping	Flying solo
	1.5 Hours	1 Hour	1 Hour	1 Hour	1 Hour	1 Hour
Meeting Inputs	• Growth Mapping • Introduction to Agile • Course plan and meeting etiquette	• Retrospectives: what they are and how they help you to improve the way you work • Kanban and work in Progress: Why limiting WIP will increase your productivity	• Networks: What they are, why they are valuable and how to identify and leverage your one • Personal brand: What it means, why it is important, and how to create a professional one • Structuring for success: How to make every interaction valuable	• Minimum Viable Product: What it means and why focusing on it enables you to become more productive, build your network, and reduce the cost of failure • Feedback loops: What they are and why they are important	• Re-run Growth Mapping • User stories: What they are and how creating them enables you to think more strategically and test hypotheses about your ambitions quickly • Flying Solo: What to expect at the next meeting and what to prepare	• The Student leads the meeting taking Metamorph through their Growth Map & runs a retrospective on work completed • Metamorph provide feedback on the Growth Map, presentation style, and support refinements

Continuous Improvement: Each week we run a retrospective and analyse: What went well, what didn't go well, what could be improved. We take the improvement points into the next week's work. By doing this we increase productivity, motivation and wellbeing.

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Outputs & Short Term Outcomes	• Growth Map developed • Student understands what Agile is and its value • Student has learnt how to prioritise based on value • Student has direction, focus, motivation and improved mental wellbeing	• Growth Map refined • Student has learnt to be self critical & the value of work visualisation • Student has experienced the value of limiting WIP • Student has increased productivity and procrastination is reduced	• Student has identified who is in their network & who can support them achieve their Growth Map • Student creates and is confident delivering their elevator pitch • Student is confident and ready to build & connect with their network	• Student understands the value of MVP & how to use it to test hypotheses and reduce the cost of failure • Student understands what feedback loops are and why they are so important to improving productivity • The student is comfortable with failure	• Growth Map is refined and more ambitious & strategic • Student understands what they need to deliver in the Flying Solo meeting • Student has direction, focus, motivation and improved mental wellbeing	• Student has run a stand-up, retrospective and plan refinement session based on their new Growth Map. • Student has an ambitious Growth Map & is motivated • Student is confident in their Growth Map and ready to work without Metamorph's input

"Sprint has increased my confidence & ambition!"

"Starting my second year of a Psychology BSc, especially during a pandemic, felt challenging. Sprint for Students has helped me tremendously. I have always been a hard worker but Sprint has increased my confidence and ambition.

At the start of my Sprint course, I was keen to bridge the gap between students and staff in my department. I am now a student representative and co-chair of student-staff committee meetings. The communication and mediation skills I learnt through Sprint have been invaluable in these roles.

Sprint was friendly and personalised to my needs and methods of working. It has given me the structure to explore pathways open to me. I can't recommend it enough!'

Kelly | BSc Psychology | University of Sheffield

Sprint
For Students

Click here to speak to us.

What are you waiting for?
Take control of your future.

metamorph
reconfigure and grow

Sprint is delivered by
Metamorph

We reconfigure the way people and teams work to improve performance and accelerate growth.

Click here to look at our website.

We do this by combining Agile, Teaching, and Coaching techniques to provide intensive on the job coaching to teams and business leaders.

- Alistair has 13 years experience working with some of the largest and most complex global businesses, as well as leading high impact, purpose led and social enterprises. He has worked in the UK, Ireland, Jordan, Spain, USA and Uganda as well as leading projects and programmes globally.

- He started his career at EY (Ernst & Young) and trained as a consultant and programme manager in EY's Financial Services Advisory service offering, working in, and leading PMOs for some of EY's largest transformation programmes.

- He was promoted annually top of class from Graduate level through to Associate Director leaving the organisation as the Global Leader of EY Vantage, their signature entrepreneurship and talent development programme.

- In the 2 years as the global leader, he doubled the annual number of projects delivered, took the programme into over 15 new countries and was featured in a number of publications and awards.

- In this role he worked in partnership with Endeavor Global, one of the world's leading entrepreneur networks, and FutureX, Europe's number 1 purpose led and social entrepreneur network. He is now an ambassador for FutureX.

- Following EY, Alistair re-trained in Agile Delivery and founded Metamorph Coaching.

- He has led and worked on Agile Transformations at EY, GivingForce, and Kellogg's where he worked alongside the European head of Innovation and Sustainability. He is now leading an Agile transformation for iDE, a Global NGO.

- He was originally an A-Level Business Teacher.

Alistair Bance

Director

alistair@metamorphcoaching.com
+44 7834 839 438

Kellogg's

GivingForce   iDE

Barclays   EY

Power of Youth
Entrepreneur
Network

HSBC   Lloyds Banking
Group

Amiqus

Royal Bank of
Scotland

Merrill
Lynch

Client Experience

- Oliver is a management consultant and Agile coach with over 14 years experience in International Development programme design and delivery, working with DFID, FCO and a range of international donors and governments, specialising in youth employment, inclusive economic development and infrastructure.

- He has significant experience restructuring existing programme and teams to increase impact and sustainability, often in politically complex and fragile states.

- He spent 5 years working on stabilisation and recovery programmes in the Middle East before moving to Nigeria for 5 years working on pro-poor infrastructure and renewable energy projects. He has also worked on projects in Jordan, Kenya, Lebanon, Malawi, Mozambique, Palestinian States, Somaliland.

- He worked as the Business Development Manager for the UK arm of Global US based INGO, primarily supporting them to establish their presence and relationship with DFID. In this role Oliver also led an internal agile implementation, focused on using agile ways of working to manage the business development process globally.

- Most recently Oliver has been working as the Deputy Team Leader on a UK Government funded Urban Development programme in Nigeria, and before COVID-19, was based part-time in Lagos.

- He has led an agile implementation with FutureX Innovation, a leading purpose led and social entrepreneur network in the UK, as well as working on an Agile Transformation at GivingForce.

- He was originally an English Language teacher in Madagascar and India.

Oliver Bance

Director

oliver@metamorphcoaching.com
+44 7549 519 160

UK Foreign, Commonwealth & Development Office

ASI

FutureX Innovation

PWC

GivingForce

Coffey International Development

Client Experience

- Sebastian graduated from Newcastle University in English Literature and started his career as intern at the BBC and then EY's Sustainability Team.

- He then spent 5 years working at an independent television company, who's shows featured on ITV.

- Sebastian went onto establish Horseboy Productions, a live entertainment company, and produced a critically acclaimed live show – Karaoke Rumble.

- The show is in the top 10 things to do in London in both TimeOut and DesignMyNight, and has been delivered in 4 different Countries, major UK and international festivals, and at corporate clients such as Lloyds, Unilever and King gaming.

- Sebastian has significant experience as a private tutor, and has taught Key Stage 2 and 3, GCSE, A-Level and Masters level students. He has also spent a significant amount of time as a private tutor to children with special educational needs across London.

- He is trained in Agile (Scrum, Lean and Kanban), alongside a Cambridge CELTA teaching qualification.

Sebastian Bance

Growth Coach

sebastian@metamorphcoaching.com

Tuition 360

Brown Eyed Boy

Horseboy Productions

ITV

EY

Client Experience

BBC