



Individual Coaching

Simply defined, coaching is one person guiding another through a process with the ultimate goal of some kind of performance enhancement.

A personal coach can take a step back and help you identify and overcome your personal challenges, supporting you as you take action.

Our one-to-one coaching and mentoring focuses on sustainable improvement and is tailored to your specific goals.

We can help you:

- 🌈 Identify and prioritise your goals.
- 🌈 Increase your self-awareness.
- 🌈 Improve your productivity.
- 🌈 Develop a skill you feel you are lacking.
- 🌈 Make and close sales in your business.
- 🌈 Use the lessons from your past experiences to fulfil your future possibilities.
- 🌈 Manage challenging communication within your workplace.
- 🌈 Manage demanding situations within your workplace.
- 🌈 And much more!

We'll select the right coach for you, giving you the support you need to accelerate your success.

We see the opportunity to coach anyone in your business as a privilege and responsibility, so the first step will always be to have an introductory meeting to ensure there is chemistry, fit and credibility, before we start to discuss objectives and expectations and move forward with the actual coaching.

Once the coaching programme is complete we continue to stay engaged in the process with regular review meetings, to ensure a return on your investment.

Two hour-long, one-to-one sessions. Can be delivered virtually or face-to-face.

For anyone who wants to improve their work and develop their career.

What people say:

“Thank you so much for the time you spent with me today - the two most productive hours of my life. You're great. And that's official!”

“Thank you - the session helped me loads this evening - I'm so glad I'm working with you!”

“You are SO inspiring, J. I feel fired up and so much more positive after my time with you. Thank you!”

“Thank you so much for yesterday - it was excellent and made a big difference in my work today.”

