

FACT SHEET FOR INDIVIDUALS - THE COACHING OPPORTUNITY IN SUMMARY

We are offering **60-minute coaching sessions** by telephone, Zoom, Facetime or Skype. We are professional, qualified Executive Coaches experienced in coaching Leaders, Managers and individuals through times of change and uncertainty.

Key features of how the coaching will work:

- We contract with you about the outcomes you would like from the session up front and agree some objectives. These will be reviewed at the end of the session.
- We will ask you provocative powerful questions to help you think through your issue and determine solutions for yourself
- We will listen to what you are saying and how you are feeling in an empathic non-judgmental way
- We will summarise and reflect back what you are saying and how you are feeling to help you make sense for yourself and reach solutions
- We will help you achieve a quiet, still presence so that you can think clearly
- We will help you identify the most empowering/growth mindset for yourself at this time of change and uncertainty
- We will challenge and support you to be the best version of yourself
- We will help you identify an action plan to take away so that you have clarity and focus and certainty of how you can make things better

We will not be giving advice or telling you what to do. As coaches we enable you to access your own wisdom and determine your own solutions, so that you are empowered to help yourself and those around you.

Benefits of the coaching for you

- You will come away an **action plan** to help move you forward and hold yourself to account, i.e. you **will know what to do**.
- You will have an opportunity to talk about the impact of this change and uncertainty **in an open way without being judged**.
- You will be **seen, heard, understood and acknowledged** by a professional coach.
- You will be asked powerful questions to **help you think with clarity and reach solutions**.
- We will help you **connect with your potential and strengths** within you and **reduce the interference and noise**.

Is this right for you?

- Are you getting **stressed / overwhelmed** about the corona virus and what it means for you / your business?
- Are you **struggling to support yourself or others** during this time of uncertainty?
- Are you **finding it hard to reassure others** and give them what they need?
- Are you **unsure** of your **next steps**?
- Are you **worried about the future**?
- Are you finding yourself being distracted by all the **“noise” and not thinking clearly**?

- Would you value an opportunity to **express your thoughts and feelings confidentially in an open way** to an experienced non-judgemental listener?

We are offering a **free 20-minute call** as a no obligation taster session.

Call Madeline – 07771 990465 or Guy – 07525 021878 to book your free trial session