

# Coaching Services Overview

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I work with leaders and professionals at different stages of their development journey - from those questioning their direction despite outward success, to those facing specific workplace challenges, to people who need support developing their self-awareness and impact.

**Whether you're at a crossroads, preparing for a crucial conversation, or investing in someone's growth, the approach is the same: practical, thought-provoking and focused on what actually matters.**

This isn't generic coaching. It's tailored support that meets people where they are and helps them get to where they need to be.

## Three Ways We Can Work Together

### Purpose & Direction Coaching

*For when the big questions won't go quiet*

Deep, reflective work over multiple sessions exploring what drives you, where you're stuck, patterns from the past, moving beyond self-doubt and getting clarity on what you're moving toward.

Who this serves:

People contemplating significant career changes, questioning their current path, or feeling a disconnect between external success and internal fulfilment.

Format: 10 sessions (extendable), fortnightly or monthly, 1 hour each

### Workplace Coaching

*For when you need to show up as your best self in moments that matter*

Focused, practical coaching for specific challenges: high-stakes conversations, working with confidence, managing performance issues, interview prep, navigating politics, building team trust.

Who this serves:

People who need support with immediate work challenges, or who want to develop specific capabilities alongside broader purpose work.

Format: Single sessions or short series (4-6 sessions), flexible timing, 1 hour each



# Performance-Related Coaching

*For line managers supporting team member development*

Working with individuals (with line manager agreement) on self-awareness, emotional intelligence, managing relationships, communication skills, and workplace relationships.

Who this serves:

Organisations wanting to invest in developing people rather than managing them out, where the person has potential but needs support to unlock it.

Format: 6 sessions over 3-4 months, with check-ins with line manager at agreed intervals

## What Makes This Coaching Different

I help you understand not just what you're doing, but why - and whether it's actually serving you.

This isn't about fixing what's broken. It's about understanding what's driving your decisions, recognising patterns that used to serve you but now hold you back, and getting clear on what genuinely lights you up versus what you think *should* matter.

### This Works Best If You:

- Are open to new possibilities
- Want to understand yourself better, not just get quick fixes
- Are prepared to question long-held assumptions
- Can commit time between sessions to reflect.

### This Isn't Right If You:

- Just want someone to tell you what to do
- Need a therapist (I'm not one)
- Aren't willing to examine your own role in patterns
- Want reassurance rather than real change

## Getting started

Free Taster Session: I offer a no-strings-attached coaching taster session where we can explore what you're grappling with and whether coaching might help.

Sessions: Online (Teams/Zoom) - flexible scheduling to fit around your commitments

Investment: Rates vary depending on the type of coaching and whether you're self-funding or organisation-funded. We'll discuss this in your taster session once we're clear on what would serve you best.

