



One to one coaching programmes 2010

Personal coaching is an investment in your life and the benefits are ongoing. Coaching creates a greater self awareness, focus and clarity that will enable you to challenge and move yourself forward in the future, and you will gain skills and techniques you can use throughout your life. Here are our 2010 programmes, which can be tailored to your individual requirements.

3 month programme

The three month programme includes 6 x 1 hour fortnightly coaching sessions for three months, plus support during this period by phone and email. During this programme, you will:

- Focus on what is important in your career or business
- Find out where you are right now and what you want to do
- Understand and maximise your strengths, skills and experience
- Explore your dreams, ideas and goals
- Understand what motivates you and take action to achieve personal and professional success

There is also the option of taking a DISC or an Emotional Intelligence personal profile with feedback to help you to better understand your strengths and skills.

Programme fee

£395 Face to face (within 15 miles of Portsmouth)
£345 Telephone or Skype
Optional £50 per DISC or Emotional Intelligence profile

You may also extend the programme following the initial three month period for a further £70 per session face to face and £60 by telephone or Skype.

2 hour strategy session

This 2 hour strategy session will help you to kick-start your career or business and want support and guidance to help you to take action.

- Understand your current career situation and future aims
- Find out what steps you need to take to kick start your career
- Set yourself career goals and develop an action plan for your future

Session fee

£140 Face to face
£120 Telephone or Skype