

## **Business one-to-one coaching options**

### **Clarity and focus**

Aimed at providing focus and support to deal with a particular challenge or phase within business or personal growth.

4 x 1-hour sessions either face to face, Skype, phone or walking coaching

### **Direction and purpose**

Accelerates learning, increases motivation and achievement of personal and business goals.

6 x 1-hour sessions either face to face, Skype, phone or walking coaching

### **Maximise your potential**

Facilitates a change in direction in personal or business life provides clear long term goals and a process to achieving them.

2 x 1 - hour sessions per month for a minimum of 6 months, either face to face, Skype, phone, or walking coaching