



Coaching Packages

Coaching is a confidential, personalised space to step back, gain clarity and move forward with intention.

Whether you're navigating a career change, questioning what comes next, rebuilding confidence or simply feeling ready for something different, coaching gives you the time and structure to explore what you want — and turn that insight into action.

All packages are tailored to you and your goals. We'll work collaboratively, combining reflective exploration with practical strategies and accountability between sessions. Coaching can take place at a time, place and pace that suits you. Sessions can be fortnightly or monthly, either virtually or face to face.

• THE CLARITY PACKAGE (3 SESSIONS)

For when you need clarity and a clear next step.

A focused package designed to help you understand where you are now, identify what you want to change and begin moving forward.

• 3 X 1 hour sessions, either virtually or face to face.

Together we will explore where you are now, what could be different and how you move forward.

Best suited to: A specific decision, period of uncertainty or a desire to regain direction and momentum.

• THE DIRECTION PACKAGE (6 SESSIONS)

For when you're ready to start creating meaningful change.

6 X 1 hour sessions, either virtually or face to face.

A deeper coaching journey that gives you the time and space to explore what you really want, build confidence and turn intentions into sustainable action.

- Understanding where you are and where you want to go
- Identifying patterns, beliefs and barriers that may be getting in the way
- Building self-belief and confidence
- Navigating uncertainty and change
- Clarifying goals and taking purposeful action
- Reviewing progress and adapting your approach along the way

Best suited to: A significant transition, career change, confidence-building or a period where you know something needs to change but aren't quite sure how to make it happen.

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THE REINVENTION PACKAGE (9 SESSIONS)

For when you're ready to invest in lasting change.

9 X 1 hour sessions, either virtually or face to face.

A comprehensive coaching journey for those navigating a significant transition or wanting to make deeper, more sustainable changes in their life or career.

- Deepening self-awareness and understanding your patterns
- Clarifying your values, priorities and direction
- Exploring identity and what matters in your next chapter
- Building confidence and psychological flexibility
- Working through uncertainty, self-doubt and barriers to change
- Developing practical strategies for moving forward
- Turning insight into consistent action
- Reviewing progress and creating a sustainable plan for the future

Best suited to: Major life or career transitions, reinvention, significant confidence challenges or anyone wanting dedicated support through a longer period of change.

What you can expect from all packages.

A space to think. Time away from the noise to reflect, gain perspective and understand what you really want. Sessions can take place in your home, my home or virtually on a platform that suits you.

A personalised approach. There is no one-size-fits-all programme. Coaching is shaped around your circumstances, goals and priorities.

Evidence-informed coaching. My approach draws on psychological principles, coaching practice and evidence around behaviour, confidence, wellbeing and navigating change.

Action as well as reflection. Coaching isn't just about talking things through. We'll identify meaningful actions that help you move from insight to progress. You can expect to receive personalised reflection exercises between sessions and written action points between sessions.

Accountability and support. You'll have a clear sense of what you're working towards and the opportunity to review, adapt and build on your progress throughout the coaching journey.

Your free discovery call

Prior to meeting, I will send you some reflective questions to mull over before we meet. This allows you to get the most from your 30 minute discovery call. We'll talk through what you would like to change, what support would be most useful and which package feels like the best fit for you. There is no obligation to commit.

There is no pressure to decide before the call.

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