Work with me page

One to one coaching

* This can over the phone, Skype or face to face, depending on what your preference is.
* Sessions are 60 or 90 minutes long with the first exploratory session usually lasting 90 minutes.
* Just want a one off? Like a car service, if you’d like to check in to make sure everything is set up to run smoothly for the next few months you can opt for a one off coaching session.

Group sessions

Is there a common goal you and your team need to work towards? Do you need to kick start their thinking? Then this could be for you!

These sessions ideally need to be face to face. They can be held in your place of work or at another agreed venue.

Any programme can be tweaked to suit your needs. Please get in contact if you wish to discuss the options available.

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