



the progressive business group

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group

Coaching

We can often find ourselves overwhelmed and facing increasing pressure to meet deadlines, juggle personal and work commitments. In fact we are so busy that life just passes us by, in such times, self awareness is a necessity.

Coaching provides that awareness by providing structure, accountability, feedback and support, enabling you to find your sense of direction.

Coaching helps to raise self awareness and gain greater clarity, leading to:

- More satisfying relationships
- Achievement of your goals
- Realising your dreams
- Improving your performance at work
- Raised employee morale
- Getting more out of your team
- A balanced life

How does it work?

Coaching takes place 3 or 4 times a month by telephone, this depends on whether it is a 4 or 5 week month. Each call lasts 60 minutes. Your coach will partner you as you face challenges, explore options, reach goals and maximize professional and personal opportunities. All sessions are confidential.

How long does someone work with a coach?

For coaching to be effective a minimum of three months is usual. However some issues can be resolved quickly by short-term coaching.

Commitment

Coaching will identify what you have to do, how you can do it and how you can overcome the obstacles in your way. However, change doesn't happen without effort and you must be committed to find the time you need to complete the steps identified that will move you towards achieving your goal.



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How much does it cost?

The fees are £250 per month for telephone coaching. All fees are to be paid at the beginning of each month prior to the coaching session. This includes unlimited email contact.

Is coaching for me?

Consider the following:

- What three opportunities are you overlooking right now?
- What is the one change you could make that would make a real difference to your life?
- What do you want to achieve in the next three months?
- Is your life in balance?
- Do you long to have more time for yourself?
- Do you enjoy your work?

To find out how coaching can benefit you contact us today and arrange a complimentary one hour consultation.