



6 Months Performance Coaching by Phone

*Coaching has the power to transform lives:
Your own life and that of those who matter to you*

Performance Coaching by Phone

is a fast and effective way of getting more from what you have; it focuses on future possibilities and not past mistakes, as well as building skill and expertise by laser-targeting action where it will have the most effect.

You will get:

- 60 minute one-to-one session by telephone or Skype every 21 days
- Follow up notes and actions
- Tools & Models that build into a lifelong resource

In short, you will be supported and assisted in achieving your goals more quickly and more effectively than you could possibly have done on your own

You will experience:

- Ways to overcome barriers that currently hold you back
- Approaches to change the things that are not working for you right now
- An increase in your self-belief, self-confidence and self-esteem
- Someone to hold you to account and push you to achieve a standard higher than that which you might have previously thought possible

This is no soft option

- You will be held to account
- Your actions will be questioned
- Your motives will be scrutinised
- Your values will be probed
- Your beliefs will be tested

It's going to cost you

The programme does come at a cost, but one that's pitched to simply test your resolve. It costs about the same as a daily coffee and sandwich from Starbucks. So if you're prepared to sacrifice lunch to get on the programme then maybe this is for you. If a daily coffee and a sandwich is too much to ask then perhaps you might want to reconsider how serious you are about being coached!

Programme Investment:

£1575 (plus VAT) payable in instalments as follows: £575 + VAT to register, £500 + VAT by day 60 and final payment of £500 + VAT by day 120