

# Individual Coaching

Aiding you with tools so that you become your most powerful self at home, work and in all of your relationships

## overview

Do you want to be the best version of yourself but aren't quite there yet?

Have you settled and accepted that this is all you are worth?

Do you yearn for more but have no idea how to reach it?

If so, coaching is a fantastic way to achieve your potential. If you want to live a life where you feel alive, balanced, valued and fulfilled -this is for you.

## testimonials

"It could be the best decision you make" - *The Spark, London*

"I would recommend coaching to anyone looking to bring out the best of themselves" - *Head of Delivery, Capgemini UK*

"I have been equipped with tools and the confidence to focus on how I can consciously create a purpose for our business to realise its long term aspiration for sustainable independent success in a changing market place" - *UK & Global Board Director at RLB*

## structure

Discovery & Building Foundations - Months 1 & 2

How do you get in your own way?

What are the areas where improvements are needed?

What beliefs are holding you back?

What are your values?

Setting Goals and Vision Building - Months 3 & 4

This is about dreaming big!

What do you want?

What makes you feel alive?

Becoming Your Own Leader - Months 5 & 6

Stepping into you and achieving your goals

Being your most powerful self

Living the life you want

## logistics

**PRICE:** £400 per month - 2 x 1 hour sessions monthly

Get in touch to find out more [info@lea-p.com](mailto:info@lea-p.com)

