



Are you feeling:

- ✓ Overwhelmed and stressed?
- ✓ Pulled in different directions?
- ✓ Lacking in confidence?

One to One Coaching

Want the time and space to think more clearly about your challenges and how you can overcome them? Need to learn how to work through tasks systematically, prioritise work and achieve great results? Our one to one coaching will support, encourage and help you to:

- Build your confidence
- Save time by helping you to move forwards
- Improve wellbeing and reduce stress
- Instill greater self-awareness and understanding from a different perspective
- Maximise career development and progression



“Working with Maggie was pivotal for me at a key point in my life. It’s helped me to become more strategic, self-aware and holistic in how I live and work.”

BR, Big Sky

What’s involved?

Together we will set goals and then explore ways to achieve them. We ask the questions and facilitate the conversations that will lead you to come up with your own insights and solutions and then help you to action them.

Coaching is carried out on Zoom, face to face or telephone – depending on your location and preference.

For more information and prices please call 07734 080073.