



Individual Coaching

Unlock potential – achieve results

Intensive one-off sessions

- Intensive preparation for a specific event or issue (an important interview, speech, presentation, board meeting, or media interview etc).
- One-off sessions may last from as little as 2 hours to a full day.

Regular Coaching

- From 2 or more sessions.
- A more extensive training for larger or more complex situations such as: transitioning into a new role, identifying your leadership style, personal, vocal or virtual impact, a challenging project or simply breaking through a performance plateau.
- **Coaching Package:** 10% discount on all bookings of 6 sessions or more.

'Sarah is an amazing coach and her passion for the work shines through. She taught me fantastic tools and techniques and brought everything together in a really clear, practical way.'

Executive Leadership Performance Package

- All-inclusive package.
- Long-term, extensive, one-to-one support.
- Bespoke transformation program designed exclusively for you.
- Curation of external services and practitioners (where appropriate) to form your personalised journey.
- Regular check-ins, accountability calls, speech preparation, workplace observations, on-site event rehearsals and preparation.

Coaching can cover a broad range of areas because every client has unique needs and specific goals.

- Personal impact
- Executive presence
- Leadership
- Physical impact
- Vocal impact
- Presentations, pitches and public speaking
- Media training
- Confidence and assertiveness
- Building resilience
- Building rapport
- Influencing and persuading
- Anxiety and stress management
- Handling Q&As
- Nailing interviews
- Promotions
- Transitioning into a new role
- Networking
- Inclusive communication
- Running effective meetings
- Managing challenging conversations, behaviours and personalities
- Re-entering the workplace
- Storytelling for business
- Virtual impact

Location

Coaching usually takes place virtually, via Zoom or Teams. Face to face sessions can be arranged (Covid restrictions allowing).

Methodology

I work across the spectrum providing both 'directive' and 'non-directive' coaching. I move between coaching styles depending on how I can best support you. My starting point is always establishing what you want to achieve and determining what kind of help you need.

Directive

Directive coaching is more akin to teaching and therefore involves giving advice, sharing experience and expertise. This is effective for developing communication skills, vocal or physical impact. I give advice and feedback, share my experience, provide toolkits, and exercises to help you develop and flex your communication, leadership or vocal style.

Non-directive

Non-directive coaching is essentially a 'conversation with purpose' following your agenda. The core premise is that you have all the answers and therefore, rather than telling you what to do, my job is to help explore choices or options that will support you in achieving your goals. You 'own' the changes you choose to make. These can be life changing.

Trust is at the centre of all coaching relationships and integral to success. I offer a 30-minute complimentary introductory virtual meeting to establish if I am the person that you want to work with and clarify aims and objectives.

'I felt 100% safe in Sarah's hands which meant I could explore the work more deeply.'

"Working with Sarah has been a turning point in my professional and personal life. Public speaking was something that used to frighten me. But, after working with Sarah, I'm not only not afraid: I have started to enjoy it, clearly delivering information, and connecting to each person in the audience - whether online or in person. I wish I had met Sarah before. She, and her knowledge, are so empowering and impactful"

*Clara Gromaches - Co-founder of Communitaz | Architecture Photographer |
Visiting Professor at the University of Girona*

Book a complimentary 30-minute introductory meeting

BOOK