





Coaching

 personal development is based upon utilising coaching to help people to reach their goals, discover focus and reach their potential.

Coaching can be of benefit for a range of issues, to career enhancement to weight loss surgery!

Each person is different and so it is important that you make the right choice when choosing a coach - you need to decide if coaching is for you and if so, that the coach right for you. For this reason, the first introductory session is complimentary. This session introduces coaching, the coach, and enables you to make a decision about whether  is right for you!

Sessions are usually 1 hour long and usually help over the telephone, though person-to-person sessions and e-coaching are also available.

If you decide to purchase blocks of sessions, you will receive a discount of 10%.

Contact  to find out more!