



# elizabeth juffs



## Face to Face Coaching

### Benefits

- Regular face to face discussion with your own personal mentor and coach
- Powerful, effective means of achieving positive change
- Tailor-made to your own unique needs
- Overcome obstacles and achieve your goals
- Achieve personal and professional success
- Undertaken in a comfortable, confidential environment

### How it works

#### Introductory chat

First we allocate time so we can get to know each other, understand your challenges and goals, and identify the best programme for you. If we feel we can work together, we arrange to meet usually weekly at my coaching practice in Chilwell, Nottingham UK.

#### Weekly sessions

The sessions will be 45-minute individually tailored sessions. They will have each a clear focus, agreed with you, to explore your challenges, opportunities and goals and to identify practical steps you can take to overcome any obstacles and achieve your goals. By the end of each session you will typically have 2 or 3 simple tasks to undertake to move you nearer to your goals. I will prepare for each session and reflect on your progress and outcomes, sending additional resources where appropriate, so that the sessions are of the highest quality and you gain the greatest value from your coaching.

#### Commitment

You are recommended to commit initially to a programme of at least 3 months, to ensure you achieve lasting success from your coaching. You will be supported in setting appropriate goals, working on steps towards these goals, and carrying out actions between each session to enable maximum success.

**The programme ends whenever you are ready** and finishes with a closedown session to review your work and achievements and to plan for the future.

All sessions are confidential.

Monthly Fee – for 4 x 45 minute face-face coaching sessions £350

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Discounted Fee – 3 months' coaching sessions £950

Includes:

- ✓ 4 face to face coaching sessions per month
- ✓ Confidential, comfortable coaching space
- ✓ Relevant resources, worksheets and exercises
- ✓ Coach's preparation and follow-up
- ✓ Email back-up

## Guarantee

It is important to me that you are getting the most out of your coaching. If you feel you have not received value after just one coaching session, I will refund your money in full.

During the coaching please let me know if you are not happy about your coaching at any time – it is important to me that you are receiving the support you need. If we cannot resolve things to your satisfaction, the programme can be stopped and I will refund your fees for all unused sessions.

**Email me today** at [elizabeth@elizabethjuffs.co.uk](mailto:elizabeth@elizabethjuffs.co.uk) or phone me on 0115 925 2552 to arrange your complimentary consultation.