



elizabeth juffs



Online Coaching

Benefits

- Support at a time and place to suit you, wherever you are
- Regular discussion with your own personal mentor and coach
- Flexible, good value access to practical ideas and guidance
- Tailor-made to your own unique needs
- Time to reflect on what you say
- Record of your thoughts and questions and the coach's response for future reference
- Relaxed method of achieving positive change
- Optional web-cam access to your coach via Skype

How it works

Introductory chat

Usually by phone, to establish your challenges and goals and to check we work well together.

Set up

If you decide to go ahead, I email your welcome pack and some initial resources including a prep form to help you get the most from your coaching. You send your payment and completed agreement form. As soon as I receive both, the coaching begins.

Weekly online coaching

You email your completed prep form to explain how things have gone that week, what you want to work on next and the support you need from me. I email you a comprehensive response within 2 working days, including suggestions for practical steps you can take towards your goals and any relevant exercises or resources.

Monthly phone session

Unlike most other online or email coaching programmes, each month you receive a 45 minute coaching session by phone or Skype at a pre-arranged time instead of your usual email response. I offer these coaching sessions Mondays to Fridays between 9am and 3pm UK time. This gives additional high-level support, ensures your needs are being met and that you are gaining the most 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.

Monthly Cost – for 4 weeks' online coaching £250

Discounted cost – 3 months' online coaching £700

Includes:

- ✓ 3 email coaching responses per month
- ✓ 1 phone/Skype coaching session per month
- ✓ Relevant resources, worksheets and exercises
- ✓ Coach's preparation and follow-up
- ✓ Cost of phone calls (to UK landline and some mobiles)

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 your first e-coaching session, I will refund your money in full.

If you are not happy about your coaching at any time, please let me know. 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 or phone me on 0115 925 2552 to arrange your complimentary consultation.