



elizabeth juffs



Phone Coaching

Benefits

- Regular discussion with your own personal mentor and coach
- Enjoy coaching from the comfort of your home or office
- Fit regular coaching support into your lunch break or working day
- Overcome obstacles and achieve your goals
- Achieve personal and professional success
- Save on travel time and costs
- Coaching usually on my phone bill (not yours)
- Optional web-cam access to your coach via Skype

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 well together, we will arrange to chat weekly over the phone or Skype.

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 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 phone/Skype coaching sessions £300

Discounted Fee – 3 months' phone/Skype sessions £850

Includes:

- ✓ 4 phone/Skype coaching sessions
- ✓ Relevant resources, worksheets and exercises
- ✓ Coach's preparation and follow-up
- ✓ Cost of phone calls (to UK landline and some mobiles)
- ✓ Email back-up

Guarantee

If you feel you have not received value after your first 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 or phone me on 0115 925 2552 to arrange your complimentary consultation.