



Your Leadership Coaching Information Pack



MILES COACHING
ADVANCE | INSPIRE | THRIVE



WWW.MILESCOACHING.COM



Hello There,

I'm Nicola (or Nic for short).

As a certified leadership coach, I specialise in supporting **seasoned** and **aspiring senior managers** to **advance** their **careers**, **inspire teams**, and **thrive** in their organisations.

With my own experience as a **business owner** and background in HR and the Arts industry, I've worked with clients throughout the UK to **refocus** and **energise** not only the individual but also their teams as a result.

Sound interesting?

Take a look through this pack to find out how **coaching may benefit you** and the **support options** available when partnering with me.

Let's connect afterward for a **complimentary discovery call**.

Looking forward to speaking with you soon.



Is coaching right for me?

Leading can be challenging, with many responsibilities vying for your attention.

Yet, busy schedules might cause you to overlook developing skills critical for your career advancement or team success.

Challenges can arise at any career stage, from motivating a disengaged team, to not feeling heard in your role or communicating tough messages.



I feel much more confident in dealing with a number of situations as a leader, and that's a direct result of Nic's coaching.



These situations can affect your confidence and leave you feeling frustrated or unsure how to progress.

If this sounds familiar, you're not alone.

Coaching can allow you to gain a deeper insight into yourself and unlock innovative ideas that enable you to implement actions to help you gain momentum.



Working with me

With qualifications in Executive Coaching and Mentoring, along with certifications in coaching for performance, NLP and accreditations in personality psychometrics, my customised coaching supports clients from diverse industries across the UK.



"Nic's got a knack for asking the question that really gets to the centre of it all. In just a short space of time, I felt focused and clear and that's down to the way Nic worked with me in our sessions."



Key areas where my coaching has benefitted others include:

- Navigating Career Changes & Promotions
- Change and Business Restructures
- Overcoming Imposter Syndrome
- Approaching Difficult Conversations
- Enhancing Leadership Skills



Coaching Sessions

My values shape how I conduct coaching sessions and offer a glimpse into what it's like to work with me:

- **Personalisation:** My approach is tailored to meet the individual needs of each client I work with. Whether you are an established senior leader to an aspiring manager, you can feel assured that I will take the time to create a space where you can share and progress in a way that complements you and your style.
- **Impact:** My coaching sessions are driven to support you in creating tangible actions that allow for a positive impact on your leadership effectiveness and overall business performance.
- **Empowerment:** I focus on supporting my clients to feel empowered in the decisions and actions they make that will progress them towards their goals. I am non-judgmental and provide a neutral space where clients can share openly with me.



“Working with Nic, transformed how I approached my next steps in leadership.

Without these coaching sessions, I would not have pursued my new role.”



Coaching Packages

In our personalised one-to-one sessions, I'll guide you towards actionable steps with unwavering support. Whether you need a short burst or longer-term support, each coaching package is designed to help you progress.

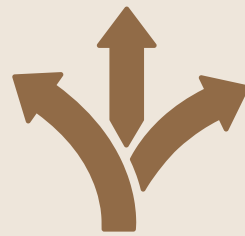
We can discuss which option may work best for you.

For further details on each offering,
visit my [website](#) or [email](#)



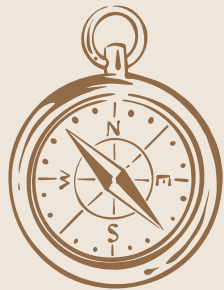
'PIONEER'

**1 x 90 minute
coaching session**



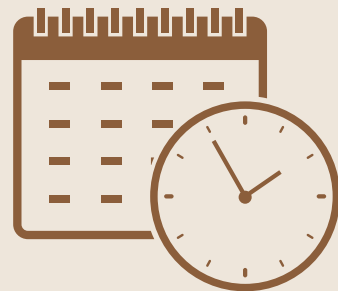
'PATHFINDER'

**4 x 90 minute
coaching sessions**



'NAVIGATOR'

**6 x 90 minute
coaching sessions**



'TAILORED TIME'

**Bespoke packages can be
created, specific to your needs.**

Let's Get Started



Here's what's next to get started with your coaching sessions:

Complimentary Discovery Session -

Feel free to book in a 30-minute discovery call. Unlike a sales pitch, this will be an opportunity for us to get to know each other better and explore if coaching can support your needs based on your requirements.

Fee Details and Contract Paperwork -

Before we begin our coaching sessions, you'll receive a link to the invoice for your sessions. Payment will be required prior to booking coaching dates. Additionally, you'll receive a contract and introductory form to complete. These documents ensure clarity on session expectations for both of us before we start.

Sessions Commence -

We'll schedule our sessions either via Microsoft Teams or in a mutually agreed face-to-face location where possible, if this is preferred.

Get in touch [here](#) to begin your coaching journey.