

POTENTIAL

Appointments

Ignite Sessions

Ignite sessions are available to book upon request, appointments are 90 minutes long.

Mentoring

Mentoring sessions are delivered as a program of 6 x 45 minute sessions delivered weekly.

Wednesdays: Appointment times: 9.30am, 11.00am, 12.30am, 2.00pm.

Coaching

Coaching sessions are delivered as a program of 6 x 60-minute sessions called chapters (with a 5 min break) delivered fortnightly.

Fridays: Appointment times: 9.00am, 11.30am & 1.30pm.

Wednesdays: On application.

All of my services are available online, or on the phone. Coaching is available in person for people in the local area of Newton Abbot.

I look forward to meeting you.

www.potentiallife.co.uk