

POTENTIAL





What is Coaching?

“Holding a safe space for you so you can increase your self-awareness and identify where you are now, and where you want to be. Coaching will encourage and support you to reach your full potential through the achievement of defined goals” - Marsha Cox

IGNITING YOUR POTENTIAL...



Hello!

I am Marsha, an Executive Coach who has a portfolio of businesses with the key aim of making the world a happier place to live.

I have worked in senior executive roles for most of my career, and I started working in the charitable sector in 2005. Having spent the last 10 years developing my consultancy business I have established myself as an Executive Coach so that I can share my knowledge and support through one-to-one and group work.

My personal style in coaching and mentoring is being warm, open, and encouraging I bring optimism and energy into my coaching sessions. I am responsive to my clients' needs and enjoy helping people ignite their potential.

I provide a safe protected space for you to think, explore, and answer powerful transformational questions. I work with my clients with a range of tools including the GROW model, Emotional Intelligence practices, diagnostics, and visualisation exercises all shaped around you and your own situation.

Enjoy reading about my services, and let me know if you would like to discuss any of these further.

Warm wishes,

Marsha Cox

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Executive Coaching



I can work with senior leaders or business owners in any sector however my specialism is helping those who are involved with running social purpose organisations. I have provided one-to-one coaching and mentoring to a range of executive leaders who work for a range of charities including Citizens Advice and Age UK.

Being a senior executive brings a range of competing priorities, it feels like there is too much to do. Having a coach can help bring order and calm from the noise and pull of a busy private and professional life.

Are you an Executive Leader who is...

- Feeling overwhelmed with competing priorities
- Are new to a senior level role
- Dealing with organisational change
- Seeking help to support your staff team
- Interested in developing a positive work culture

and you want...

- A safe space to explore solutions to your current challenges
- Practical strategies to support you in their role
- To explore alternative career options

I can bring...

- Clarity of purpose in your role
- Tools and techniques to help you set achievable goals
- Executive-level knowledge and experience



Life Coaching



I have been fortunate to experience the life-changing power of self-development through counselling, coaching and self-directed learning through books, peer groups and podcasts. I create a positive energy in and have found that people can often achieve more than they think they can. Having an understanding of self and access to the right tools can be the catalyst to wonderful adventures. I am passionate about people having the opportunity to live a life true to their values and beliefs.

Are you...

- At a crossroads in your life
- Feeling stuck
- Experiencing difficulties within relationships
- Experiencing burnout
- Feeling fearful about the future and have low self-esteem
- May have experienced significant change or loss

and you want...

- Clarity about the options available to you
- To know yourself better
- Have more confidence to take the next steps
- To understand more about your emotions and feelings

I can bring...

- Greater clarity around your life purpose
- Help around making life choices
- A sense of greater connection and flow within your life



Feel the Fear & Do It Anyway



Are you feeling fearful about the future? Feelings of anxiety have the ability to stop us taking the next step in our lives.

All of the Feel the Fear and Do It Anyway workshops listed below are the only workshops available that are founded on Susan Jeffers, Ph.D.'s best-selling self-help techniques. These workshops will teach you how to make your dreams come true.

Do you find it hard to get past your fears?

The Feel the Fear and Do It Anyway® Taster Webinar will:

Introduce you to Feel the Fear and Do It Anyway® concept by providing you with a quick read version of the book so you can start to read it prior to the taster session.

- Share with you the Five Key Truths about Fear and how they can help you learn ways to move through your fear.
- Introduce you to the content of the full workshop.
- Explain the different ways you can do the full course and help you decide which is best for you.



FEEL THE FEAR
...AND DO IT ANYWAY®
QUALIFIED INSTRUCTOR



Feel the Fear Group (in person) Workshops

Spend a day together in a safe and comfortable environment, learning how to manage your fears. Price includes lunch and refreshments, workbook and copy of the Feel the Fear and Do It Anyway Book.

Up to 8 learners will be able to join a safe and relaxed space to journey through the Feel the Fear program together. There will be a series of individual reflections and group work, with plenty of time for discussions. Refreshment breaks with tea and coffee will be provided, as will a delicious lunch. We can cater for people with dietary requirements we just ask for this information when you book.

This course will include all refreshments, a follow up coaching check in with Marsha, a copy of the text book and an individual workbook in the price. Group Workshops will be advertised on my website or email to discuss holding a bespoke group

<https://feelthefeartraining.com/marshamiles>

Feel the Fear Taster Webinar

Pre-recorded taster & 30 minute exploratory call with Marsha
Please email to access this.

Feel the Fear One to One Online Workshop

Learn how to raise your self-esteem, understand the concept of fear, and how to handle it, how to change reactions to the situation, and much more on this one-to-one online workshop delivered over 6 x 2hr sessions. Price includes a workbook and copy of the Feel the Fear and Do It Anyway Book. Please email for more information



FEEL THE FEAR
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Client Feedback

“Your Coaching has been profound!!!! It has given me a safe space to unload stuff I have been carrying 8 years, from my last career. I enjoy getting to hear myself say how feel, I was able to make sense of how it is limiting me today.

I have not spoken about what happened ever – in that concentrated and focused way. Because it was all so big and encompassing, I didn't know where to begin to unpack it by myself. Thank you for giving me the arrows to the beginning process of unraveling what once was.

A true turning point occurred in the session. I saw my situation as me flailing in water rapids, clinging to a dead branch, believing it (the branch) would save me. When in reality – I'm stood on dry land, and I have a gift that grows lush forest”. – Cheryl – CIC Director



“When I first began coaching with Marsha, I think I expected that we would focus on my professional needs and development as I began to tackle a new senior role. What I found was that trying to separate personal and professional is impossible and it has been intensely rewarding to look at my life holistically, using carefully designed tools and methodologies.

Marsha's calm, compassionate, and careful questions have offered challenges in a positive way, and together we have created a safe space where I can explore both work dilemmas, and plan for personal growth. I am looking forward to future sessions – I feel that our relationship has grown and that this will help me tackle difficult topics and challenges with a 'critical friend', where previously it has felt very lonely at times. I did not expect coaching to create that companionship but now see that it is a vital component to success”.

Val Bishop

Chief Executive – CCS Somerset

Prices



Coaching Package

6 sessions of 90 minutes each

£600.00 - Charities/social enterprise leaders

£450.00 - Individuals

£1200.00 - Corporate sector.



Coaching Ignite Sessions

1 session of 2 hours

£250.00 - Charities/social enterprise leaders

£200.00 - Individuals

£300.00 - Corporate sector



Feel the Fear

Taster Webinar - Free

In person Group Workshops - £1,200.00 (£149 per head)

One to One online Workshops - £720.00



Other services coming soon

- Action Learning Sets for the charities/social enterprise leaders
- Pro Bono Youth Coaching Ignite sessions

Next Steps



Email me...

To let me know which service you are interested in. I will then come back to you to provide more information. If you are interested in coaching please read on...

Chemistry Meeting

If you are interested in coaching services, I will email you to invite you to an initial Coaching Chemistry Meeting. This will be an opportunity for us to meet each other to explore a potential coaching relationship together.

We will cover:

1. What has brought you to coaching and have you had any coaching before?
2. An overview of the type of coach that I am and what you need from a coach
3. Practicalities of coaching, frequency and booking arrangements

Following this meeting you will be able to decide if coaching with me is right for you.

I look forward to hearing from you...



Contact Details

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Feel the Fear Accredited Trainer: <https://feelthefeartraining.com/marshamiles/>



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