



Programme Overview & Costs

My expertise lies in supporting individuals and businesses who want to thrive in the film and television industry. However, if this is not you or you may be looking for coaching that is not career based or simply want to look for the support of a life coach then I also work with clients from various walks of life.

Intrigued as to what this might be like then don't hesitate and reach out to me for a complimentary discovery call where I can give you a coaching outline and share with you what it is like to have a life coach.

Why might you consider coaching?

Whilst our close friends and family might be held in the highest regard, it is not always the case that our inner circles are the best and sole source of life and career input.

Ask yourself, do you believe you are getting all the support you need to achieve what you want in life in a non-biased fashion?

Programme Costs

- **Complementary discovery session** via Skype or in person
- **3 Month Programme** – 2x60 minute sessions per month/limited ad-hoc WhatsApp access/summary of recommendations/actions upon completion of programme. **£850**
- **6 Month Programme** – 2x60 minute sessions per month plus 1x90 minute mid term review/limited ad-hoc WhatsApp access/summary of recommendations/actions upon completion of programme. **£1450**
- **9 Month Programme** – 2x60 minute sessions per month plus 1x90 minute mid term review/WhatsApp access/summary of recommendations/actions upon completion of programme. **£1930**
- Non-programme sessions are charged at £150 per hour

Testimonial quotes:

“I would highly recommend Matt if you are ready to change your mindset and level up in your chosen area of work. He has a great way with people. Matt will push you to challenge yourself in order to be the BEST version of yourself.”

“Matt has an especially engaging, personal style which helped create an effective rapport. His professional experience makes him a credible coach. For those considering Matt as a possible coach I would sincerely endorse the choice. His energy and enthusiasm are infectious, and his support helped me crystallise focus during a period of adjustment in a new role. He clearly cares and this sincerity helps him deliver quality support in a meaningful way..”

Anonymity

Our relationship is contractually private and it remains this way with the upmost confidentiality. Clients may have other supporting relationships such as a therapist, a manager or an agent, and I will operate within the appropriate

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