



SERVICES

CAREER DEVELOPMENT

Service	Description	Prices (from)
Career Coaching	Feeling stuck at how to get to the next level of your career? Or maybe at the crossroads? Navigating career and professional aspirations can feel overwhelming and sometimes hard to see things impartially. Having an independent coach can help you assess strengths and skills to develop strategies and support goal setting.	£35
Mentoring	Think of me as your secret weapon for growth- part coach, part strategist and part trusted sounding board. It's a safe space where there is no judgement. You will sharpen your focus and be kept on track. You're not just getting advice — you're gaining a partner in your progress!	£35
Breaking Bad Habits	Breaking unhelpful habits is about creating space for more effective ways of working. It's not about perfection — it's about progress. Whether it's improving time management, communication, or decision-making, small shifts in daily routines can lead to big gains in performance and satisfaction.	£35
Get Hire Ready	Designed to help you stand out, show up with confidence, and step into the opportunities you deserve. From polishing your CV and application to mastering interviews and building a personal brand that truly reflects your strengths, turn preparation into power!	£35

All services are provided digitally over Zoom. If you are unsure of what service you need, get in touch for a free consultation.



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