

Private Coaching

Bite-size Business

#BiteSizeBusiness sessions are private, one-to-one, coaching sessions that are pre-made. These are popular topics that can be covered in a one-off session. They all give you tips and tools you can use immediately, as well as offering you an opportunity to practice and receive personal feedback. However, a one-off session is not sufficient to make a lasting impact. These are best suited to clients with imminent challenges and who are looking for focused support in a particular area.

Interview Skills: Do you have an upcoming interview you need help preparing for? Do you know which are the top skills businesses are looking for today? Do Q&A sessions post-presentation make you anxious? This one hour, one-to-one, coaching session can help! During our meeting, we'll look at top tips, tools, and techniques for answering questions, in job interviews or conference Q&A scenarios. We'll role play your upcoming interview, with immediate feedback given. I will support you with clear redirection so you'll leave knowing exactly how to manage your interview!

Presentations, Delivery Skills: Loathe presenting? Wish you knew how to engage, inform, and inspire your team and clients? I'm here to help. This coaching session can be run using a presentation you have pre-written, or as two one hour sessions: part one for content creation and part two (usually a week later) for presentation delivery, where we'll look at vocal quality as well as body language. You'll leave with a dynamic, engaging presentation sure to win over your listeners!

Managing Nerves: We're living through very challenging times for our nerves. Anxiety is ever-present. This session won't help with significant, prolonged, anxiety disorders, but if you're facing a situation you know is triggering for you – these techniques can help. In this one hour private session, you'll learn how psycho-physical techniques can be used to manage and harness your nerves. We'll practice staying centred and taking control of your nerves. This session will support you in finding and projecting your natural presence, ensuring you make a genuine and authentic impact.

