



WHAT TO EXPECT

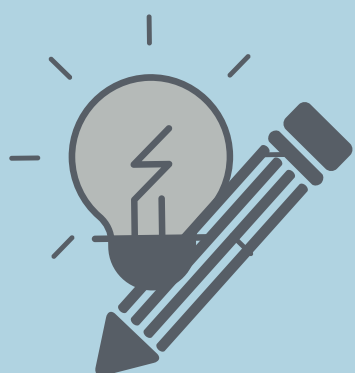


1. DISCOVER

A 2-hour personal discovery session where we explore how you came to be where you are now, how your brain navigates the world, and your hopes from our work together.

2. DEFINE

After a short period of reflection we delve into your ideas of the outcomes you want to achieve and/or dream to move towards. You visualise that future, flesh it out, and set your coaching intentions.

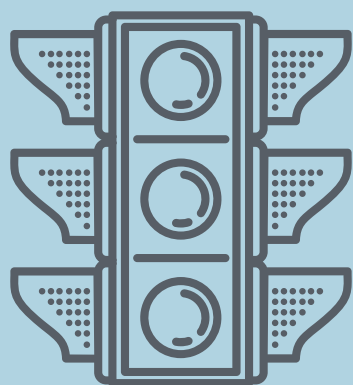


3. DESIGN

We review what's emerged since we last met and what's changed before co-creating a path forward for your bespoke coaching programme including use of tools from neuropsychology.

4+. DEVELOP

This involves a series of 1.5 hour coaching sessions that interact with the 'deliver' part of the process to help achieve your coaching intentions in a successful and sustainable way.



& DELIVER

Coaching outcomes depend on you taking action in the real-world, reflecting on the impact of that, and learning from the experience. We'll agree and review those each session.

DRIVE



All of our programmes are underpinned by the concept of drive. This relates to creating the skills, knowledge, and energy you need to lead yourself through this process and beyond.