

# Low-cost Coaching in Eastbourne (20 GBP)



Location

**South East, East Sussex**

<https://www.freeadsz.co.uk/x-275173-z>



Hi I'm coming towards the end of my coaching training which finishes in May and I'm offering low-cost coaching until I qualify. Here are some reasons why people come for coaching: - perhaps you've started a new career, new job or more responsibilities - you are lacking focus in your life, career or business - you don't have enough time in the day to achieve what you want - you want some work-life balance I will support you to achieve your goals and to guide, motivate and encourage your aspirations. A coaching package usually lasts between six to eight sessions and focuses on specific skills and goals. Further sessions can be arranged if necessary. Sessions are usually an hour and a half long for which I will charge £30 but we can be flexible about session length. I believe that clients have the ability to reach their potential given the right support. I don't need to be an expert in the subject area, but instead, I am skilled in the process of coaching, using a non-directive approach within a structured conversation. The client sets the agenda and comes to coaching to make changes. We all need support and encouragement and coaching is a great way to get focused and to begin to develop confidence to make the changes for the life you want to live. I am fully insured and work to EMCC ethical standards. I am also a qualified and experienced counsellor/psychotherapist, supervisor, tutor and trainer. If coaching sounds like it could be useful to you, or you would like to ask me some questions about it, then please get in touch. I look forward to hearing from you.



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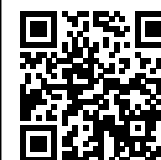
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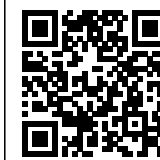
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