

Personal Development Coaching

Personal support for you

- *Need some headspace to work out what you want for your career/practice?*
- *Want time to think about where you're going?*
- *Looking for support to think through options for yourself, your practice, your patients?*

We are offering confidential one to one tailored coaching from highly experienced and qualified coaches to help you think through where you are and where you want to be in today's challenging and changing environment. This forward-looking, action-orientated, positive and personal approach will help you to identify goals for next steps that would provide you with satisfaction and fulfilment and support you to make them happen. You will:

- Gain personal insight to help you make decisions
- Improve understanding of options available
- Increase resilience
- Learn powerful models and techniques to help achieve your goals
- Feel better equipped to move forwards with confidence

Your commitment:

- Three 90 minute one to one tailored Coaching sessions from October 2016 to March 2017.
- You will have the option to self fund an additional 2 or 3 sessions thereafter.
- Sessions can be face to face or via Skype depending on preference.

What's essential:

- You want something to change (even if you're not sure what at this moment)
- You have an open mind and are willing to explore new ways at looking at things

Limited places – To find out more and book on, contact now:

enquiries@llrlmc.co.uk