

1:1 Coaching

Elevate Leadership + Life Coaching



Reflect, re-evaluate and reinvent from a place of clarity, calm and confidence, not chaos.

When your brain is as full as your diary, your body is tired and thoughts noisy, and everyone needs something, you remain stuck in a loop of survival and stagnancy that feels lined with contradictions. But what if you could make meaningful plans and create your next chapter with purpose, and from a place of calm, too?

Elevate Coaching gives you practical tools, mindest challenges and an appointment to put yourself first.

Why invest in Coaching?

Clarity rarely lands in our lap. We have to create space for it. Pauses are powerful, but hard to carve out. But imagine if we reviewed, analysed and strategised our lives the way we do our work?

Coaching gives you the structure, support and perspective to review, reflect and move forward with real confidence in your own life.

It is permission, validation and accountability to take charge and create genuine change. This is choosing to stop repeating old patterns and start growing on purpose. If you're tired of circling or feeling dissatisfied, and ready for life to feel intentional, free, and yours, this is for you!

Know yourself. Back yourself. Build what's next.

What to expect as a result

- Clear **direction** so you stop circling and start moving
- Confidence** that feels rooted, real and lasting
- More energy, **less survival**, more creativity
- Stronger communication and **boundaries**
- Momentum** that suits you, instead of burning you out
- Permission to steer your ship and make **confident decisions!**
- True confidence to **use your voice** and show up as yourself

Book a FREE Curiosity Call or enquire via email

Who is Kate?

A human-first, science-backed coach who works with the **whole person** (professional, personal, physical) to create real change. With 20 years in corporate, I understand pressure, and how it shows up in our body and shapes our thinking.

My Coaching approach blends **anatomy, neuroscience and lived experience**. I create a creative, inclusive, ADHD-aware space where you feel supported and challenged in equal measure. Using coaching and somatic tools, we dig deep, reframe and reevaluate, so you can operate with **clarity, steadiness and confidence**. I get on your side, ask powerful questions, challenge patterns that keep you stuck and guide you to build milestones that feel exciting and possible.

A certified Coach and former leader, I now run my own Coaching business. I truly understand real life, real pressures, and my curiosity for human behaviour means I am passionate about helping people reach their potential with a refreshing sense of **enthusiasm and excitement!**

1:1 Elevate Coaching with Kate Oates

- 1:1 Coaching (Zoom, IRL, walk & talk)
- 6 x 60-minute 1:1 sessions across 12-16 weeks
- WhatsApp voice note support
- Reflection tasks + mindset tools
- Strategic, personalised, confidential