

**For  
Individuals**



# 1:1 Elevate Coaching

Leadership + **Whole Human** Coaching





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, mindset challenges and an appointment to put yourself first.**





## What to expect from coaching:

➤ **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**



# In short...



**Know  
Yourself**



**Back  
Yourself**



**Build  
What's Next**



## 1:1 Elevate Coaching with Kate

- **1:1 Coaching** (Zoom, IRL, walk & talk)
- **6 x 60-minute** 1:1 sessions across 12-16 weeks
- **Between-session** reflection tasks + mindset tools
- **Strategic, personalised, confidential**

Investment: £1,200 in full / 3 payments of £405

