

EXECUTIVE & LEADERSHIP COACHING SPACE FOR LEADERS

KATE OATES
Elevate
COACHING

FOR LEADERS WHO WANT TO LEAD SMARTER & ELEVATE THEIR IMPACT

Space for Leaders is my Executive & Leadership Coaching programme, built on Inside-Out Leadership: from self-awareness to sustainable excellence.

Three tiers; The Catalyst, The Evolution and The Transformation. Each is calibrated to a clearly defined outcome and tiered for intensity, commitment and outcome, making the programme accessible to every leader from emerging to C-Suite.

One promise across all three:
The leader you already are, fully expressed.



WHY KATE?

Bringing 19 years of real corporate leadership experience, I understand pressure, politics and people-dynamics from the inside. I blend neuroscience, psychology and strategy to help people access their creative brain and make informed decisions. I cut through noise fast, spot patterns leaders can't, and build trust quickly, so leaders can regulate, drop the work mask, and get honest.

Tier 1 | The Catalyst | A Strategic Reset

For emerging and established leaders. A 3-month programme that builds self-awareness and leadership strategy, whether you're stepping into a new remit, leading through change, refreshing your style, or being recognised by your business with an investment in you.

Core deliverable: *your Zone of Genius Audit. The foundation for the leader you're becoming.*

Tier 2 | The Evolution | Inside-Out Excellence

For senior leaders ready to evolve. Six months of deep work on strategic clarity, change leadership, sustainable performance, and the medium-term succession plan for your own move into board, executive or CEO level.

Core deliverable: *Sustainable Leadership. The leadership upgrade your next chapter requires.*

Tier 3 | The Transformation | The Partnership

For C-Suite, board members and founders focused on long-term strategic leadership. A 12-month priority partnership with monthly leadership sessions, space to externally process, reactive access for high-stakes moments, and a coach fully in your world for the long game.

Core deliverable: *Sustainable Excellence. The strategic relationship that shapes what comes next.*



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SPACE FOR LEADERS



SELF-AWARENESS. LEADERSHIP EXCELLENCE.

I offer hybrid coaching and champion in-person interactions where possible. Sharing the same physical space, away from the digital noise, is exponentially powerful. I'm based in North West England and willing to travel. However, I can meet you exactly where you are most comfortable to do this work, including virtual and phone sessions.

A Coach who already knows the room

With me, translation isn't necessary. The politics, P&L pressures, weight of decisions; I've been on-the-ground for 19 years. No preamble, straight to the transformation.



	Tier 1 A Strategic Reset	Tier 2 Inside-Out Excellence	Tier 3 The Partnership
Sessions	6 High-Impact Sessions	Mix of High Impact & Deep-Dive Sessions	12-Month Strategic Partnership
Duration	3 Months	6 Months	12 Months
Ideal for	Emerging & New Leaders, Immediate Transitions	Senior Leaders, Change Support, Burnout Prevention	C-Suite, Board, Founders, Long-term Strategic Leadership
Core Deliverable	Zone of Genius Audit	Sustainable Leadership	Sustainable Excellence
Additional touchpoints	N/A	Pre & post alignment calls with HR/CEO	Quarterly alignment call with HR/CEO
Support	Email Support	Email Support	24/7 Priority Comms Laser calls upon request
Format	Hybrid (In-Person Priority)	Hybrid (In-Person Priority for Deep Dives)	Hybrid (In-Person Priority)
Exacts	60" sessions, bi-weekly	5 x 60" & 3 x 90" sessions	60" sessions, monthly Ad hoc laser-calls
Investment	£3,750	£6,750	£11,750

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“Kate brings out your strengths & normalises the everyday challenges of operating at a senior level. She uses humour with purpose - you’ll leave a coaching session lighter, clearer & unexpectedly energised”
 — **C-Suite NHS**

SPACE TO THINK.
 PERMISSION TO LEAD.