

# Leadership Coaching

For leaders who want to lead authentically,  
with less effort and more impact



## Why Leadership coaching?

- Leaders making clearer, quicker decisions
- More intention; fewer “fires”, more focus
- Strong self-awareness and strengths-led leadership
- Developing authentic communication and leadership styles
- Increased engagement, not performative resilience
- Higher creativity and problem-solving at Board level
- Better energy, more momentum and less burnout
- A steadier culture that can withstand and adapt to change
- People thinking more expansively, not fearfully
- Work that feels easier ~ not because workload changed, but because people did

A growth mindset that translates into sharper strategy and healthier business growth

## In short:

- Confident leaders.
- Growth-minded teams.
- Sustainable, self-aware culture.

## Leadership Coaching Packages

Individual Leadership Coaching | £835 pm

3 or 6 month commitment

Multi-Leader Coaching:

Tier 1 - Up to 5 leaders | £4,000 pm

Tier 2 - Up to 8 leaders | £6,000 pm

2 x 60-minute 1:1 sessions a month | Virtual or in-person (by prior arrangement) | 1 x 25-minute check-in with HR per month

Payable monthly in advance with 14-day payment terms

For organisations that want self-aware, confident leaders, adaptive teams and a culture that can drive change.

Strengthen your leadership layer so your organisation performs better with less friction, shared confidence and a savvy, growth mindset.

**Your business grows,  
because your people do.**

## Why Coach with ELEVATE?

**Leadership expectations, communication styles** and confident **decision-making** is my area of focus. I have 20 years of real Leadership experience, and I understand **pressure, deadlines, politics** and **people dynamics**.

I can regulate a nervous system as confidently as I coach a mind; blending physiology, psychology and strategy so leaders think clearly and **proactively**. I cut through noise fast, spot patterns leaders can't, and build trust quickly so leaders can **drop the work mask** and **get honest**.

I help people strategise with **energy**, lead with **authenticity** and delegate **emotional intelligence** using tools to generate a mindset of **collaboration, growth and accountability**.

I help people access their **creative brain**, so that they make decisions outside of survival mode. When leaders connect who they are with what they do, they waste less energy by removing 'should' and using it instead to inspire their teams by demonstrating authentic leadership..

**Practical.  
Powerful.  
Human.**

**Kate  
Oates**  
Elevate

