

Leadership Coaching

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



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 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

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

**3 or 6 month
commitment**

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



Kate Oates Elevate | Leadership Coaching

Stockport, Manchester, Online, Onsite + On foot



coaching@kateoateselevate.com



www.kateoateselevate.com