



COACHING FOR YOUR FUTURE
PROPOSAL

Company Coaching

Contact Details:

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About Us



Our aims:

We are two highly motivated and passionate life coaches looking to make a real difference to individuals emotional and physical well-being in both their personal and professional lives. We understand the importance of helping staff to overcome personal barriers as we recognise there is a direct link between these issues and their overall work performance.

We provide our clients with the support, tools and resources that will allow them to explore areas of concern personal to themselves so they are able to confidently create a sustainable work life balance.

We have developed our services to bridge the gap by helping our clients to develop a strong mindset that will allow them to restore harmony between their work and personal lives to ultimately maximise their potential.

OUR TEAM

BRIDGING THE GAP

SUZANNE KNOWLSON



I specialise in the development of both physical and emotional well-being. I have over 18 years experience within the wellness industry which has provided me with a wealth of knowledge and understanding towards the various challenges clients face and has equipt me with the tools to help motivate and inspire them to move forward.

Qualifications:

- Personal Performance Coaching Diploma (Merit)
- Licentiate in interview techniques and presentation skills (LVCM Hons)
- Level 2 Certificate in Mental Health Awareness
- CPD Mindfulness and Coaching
- CPD Mental Health and Coaching
- Level 2 Certificate in improving personal exercise, health and nutrition

PRIYA BERI



My professional background is rooted in business management with over 5 years experience. This has allowed me to identify the real impact neglecting one's mental well-being and physical needs has on their overall work performance and health. I strongly believe that the key to a high performing work environment is happy staff which is why I'm passionate about helping individuals to overcome the barriers currently stopping them from reaching their peak.

Qualifications:

- Personal Performance Coaching Diploma (Distinction)
- NLP Practitioner
- CPD Work Life Balance Coaching
- CPD Wellbeing Coaching
- CPD Wellbeing Coaching
- DISC Level 2
- BA Philosophy

GOALS & OBJECTIVE

OBJECTIVES 1

We aim to improve the well-being of our clients so that they can gain the tools to better their physical and emotional health and improve their work life balance which in turn will positively impact their overall performance in the workplace.

OBJECTIVES 2

We recognise the wider impact that neglected well-being has on the overall needs of the business. It can often result in higher staff absences, lower work performance and challenging behaviours in the work place. We aim to significantly reduce these issues by providing our clients with the support and resources to manage their well-being effectively.

HOW TO WORK WITH US

We believe that no business is one size fits all and therefore we offer a variety of packages to suit the needs of your staff.

These options include:

- Power Hours
- Half/Full Day Intensives
- 1:1 Coaching support packages
- Bespoke packages

We are truly committed to supporting you and your team and would love to discuss the next steps.

Please email us to book in your free no obligation meeting where we will be happy to discuss how we can best serve the needs of your business :
coachingforyourfuture@gmail.com

**THANK YOU, AND WE LOOK FORWARD
TO WORKING WITH YOU.**