



Breakthrough Coaching Sessions



DO YOU WANT TO GET RESULTS?

Breakthrough coaching sessions are designed to help you find that vital solution, that new idea, that new way forward - in other words, to help you get RESULTS.

We all get times when we feel stuck ... our ideas and inspiration dries up, we feel blocked by circumstances, situations or people or we just can't see the wood for the trees.

Breakthrough coaching sessions are about helping you identify and achieve your goals by putting the right support and help in place.

You'll learn how to resolve the issues that have been holding you back, become more aware of yourself and others, and enjoy a renewed sense of achievement as we help you discover new solutions.

In other words, we'll help you find that breakthrough you've been looking for!

WHERE, WHEN AND HOW?

Breakthrough coaching sessions usually take 2-2½ hours and can be held in the morning or afternoon, usually at a local business centre.

Get down to details, discuss your current situation, agree aims and objectives, identify options then design your own action plan with timescales to achieve it.

Coaching is provided by experienced professional life coaches, NLP practitioners and health advisers.

- Learn how to change your thoughts and behaviours
- Identify options and new solutions
- Tap into your potential and creativity
- Increase your ability to cope with and welcome change
- Improve your confidence and decision making ability
- Feel more relaxed and focused
- Learn how to get into 'the zone!'

Coaching
for success!



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