

CHLOE COBURN COACHING

CURIOUS, CREATIVE, COMPASSIONATE COACHING

## 1:1 Coaching

### **My 1:1 coaching package includes:**

- 6 online, 1:1 coaching sessions of 90 mins each
- Tools and strategies to deepen your learning and gain insights
- Practical exercises to be completed in between the coaching sessions
- Q&A time for addressing specific issues
- Follow-up email after each session
- Unlimited WhatsApp communication during the coaching package
- A follow up call, one month after the coaching has been completed

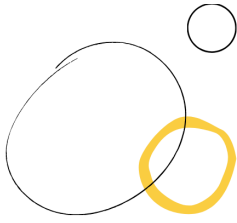
### **Why is this so effective?**

Your time with me is solely about YOU to think, talk, reflect.

You will become more aware, gain greater clarity and increase your choices.

I will encourage you to make decisions and take responsibility.

**Coaching is not about giving you suggestions or advice but to help you uncover your own answers and be proactive to bring about change.**



CHLOE COBURN COACHING

CURIOUS, CREATIVE, COMPASSIONATE COACHING