



Coach Kat
Encouraging your motivational mind-set



Coaching Packages & Sessions

"If you want to be empowered to achieve your dreams then being coached by Kat probably should be the first stop on your journey." Aran

Motivation Plus Package

- Session themes include:
 - **Launching your Motivation:** exploring your motivations and priorities
 - **Motivation, Focus & Action:** identifying & focusing on your motivators & priorities to create purposeful action plans
 - **Maintaining Motivation:** maintaining & perfecting motivation & focus to continue moving forward & achieving changes
- Six coaching sessions over the course of approximately five months
- First session two hours & remaining five sessions one hour thirty minutes
- An additional seventh session can be purchased at a special discounted rate if purchased within three months after the last session of the package
- After the seventh session, further individual sessions will be charged at the normal rate

Motivation Package

- Session themes include:
 - **Launching your Motivation:** exploring your motivations and priorities
 - **Motivation, Focus & Action:** identifying & focusing on your motivators & priorities to create purposeful action plans
- Four coaching sessions over the course of approximately two months
- First session two hours & remaining two sessions one hour thirty minutes
- An additional fifth session can be purchased at a special discounted rate if purchased within three months after the last session of the package
- After the fifth session, further individual sessions will be charged at the normal rate

Motivation Mini Package

- Session themes Include:
 - **Launching your Motivation:** exploring your motivations and priorities
- Two coaching sessions each for two hours

Coaching & Mentoring Session

- A conversation combining coaching & mentoring styles on one of these specialisms:
 - **Developing a Motivational Mind-set**
Working together to start building your motivational mind-set toolkit
 - **Finding & Focusing on Priorities**
Clarifying what's important to you & deciding priorities
 - **Making a Plan**
Exploring strategies & creating a bespoke action plan for your chosen goal

All fees available on request (katrinaramsden@yahoo.co.uk)

(Coaching sessions can be via telephone, Skype or face to face (dependent on location))

"My sessions with her have given me the time to really think and work out what is important to me, what I need to focus on and recognise the consequence of taking or not taking action." Pauline