

Coach Kat

***Self-Development Coach: encouraging a change of mind-set
Identity. Motivation. Purpose.***



“My mission is to encourage a change of mindset through the exploration of identity, motivation & purpose. By raising self-awareness & accountability, my clients learn to recognise the obstacles that are hindering their self-development & develop the thoughts & actions which will support them to achieve their desired life goals. During this journey, we introduce tools & strategies that welcome possibility, nurture self-growth & inspire a change of perspective. Coaching assists my clients to cultivate a motivating & empowering mindset; inspiring themselves from the inside out.”

About Kat...

A self-motivated English degree graduate who has continued to develop excellent organisation & communication skills during her professional career in the education & health sectors. During her career, Kat has furthered her self-development by undertaking a number of training courses & one of her proudest achievements was to self-fund & achieve a Distinction in her coaching qualification with The Coaching Academy.

Since receiving her qualification, Kat has relished the challenge of creating & delivering her own coaching packages & sessions, which focus on encouraging individuals to develop supportive mindsets & habits. Kat’s innovative nature has also led her to successfully write a number of self-development blogs (available on www.coachkat.co.uk), create content for her own YouTube Channel & social media platforms (@CoachKat12) & raise over a thousand pounds for Cancer Research UK by competing two Pretty Mud Runs.

Kat brings a lively blend of creativity, pragmatism & humour to her coaching style, which invites her clients’ identity to naturally unfold, become aware of their priorities, develop fresh perspectives & devise supportive habits that benefit them through their unique change journey. For Kat, maintaining a positive & motivating mindset is a way of life.

What can Coach Kat do for you?

Encourage & work with you to:

- Embrace your individuality by stepping off unsupportive “autopilot” thought patterns
- Develop tools & strategies to build & sustain a positive mental attitude that turns up your inner power voice
- Understand what matters most & what makes you tick
- Create & establish habits that nurture your self-growth
- Clarify life goals & set achievable milestone targets

