

COACHING

FROM THE HUSTLE HOUSE



Book a free 30-minute
discovery call at
hello@thehustlehouse.co.uk

WHY COACHING?

Coaching empowers you to get from where you are now to where you want to be. Whether that's about accelerating your performance, building your confidence, or tackling some knotty problems, we ask powerful questions and use strong listening skills to enable you to discover your potential.

WHY US?

Together, co-founders Fiona and Carolyn focus on coaching to build high performing teams, combining their decades of experience in personal development and team management.

Carolyn specialises in individual coaching, having held a Diploma in Coaching for over 12 years, and has coached individuals across the world, building their confidence and capabilities.



WHERE IT WORKS

Examples of areas we have focused on include:

- Stepping up in a new role
- Building your leadership brand and confidence
- Enhancing your management skills
- Reducing overwhelm and burnout
- Empowering you to make a tough call
- Effectively navigating relationships at work
- Accelerating team cohesion



LET'S HUSTLE SESSION



**60 - 90 minute session to
tackle specific challenges
or create thinking space
£395 + VAT**

PERSONAL PROGRAMME



**6 sessions over 3-6
months with unlimited
email contact
£2,250 + VAT**

TEAM COACHING



**1/2 day sessions to build
team performance
£1,500 + VAT**

Funding your coaching personally?
We offer a reduced rate on
individual and programme sessions.



www.thehustlehouse.co.uk