

Coaching; the best framework for creating lasting change

Unshakeable Leadership

Our foundation coaching intervention suitable for leaders and managers at all levels which boosts the most vital element of good leadership; consistency.

A team doesn't need their manager to be inspiring every day. They need them to be reliable. The best leaders aren't the most charismatic. They're the most consistent.

Unshakeable is a compact, outcome-driven coaching package designed to help you show up with clarity and confidence, even when the pressure's on.

Once you become unshakeable, everything else gets easier.

The best leaders are predictable.
They provide certainty and focus on building trust.

A focused workbook to uncover what triggers you, and how to be more at your best even on a bad day.

Two hours of 1:1 coaching to strengthen your presence at work.

Practical tools to help you stay calm, consistent, and build trust – even under pressure.



£575 plus VAT per head, includes the self study programme and 2 hrs of 1-1 coaching.

SLT Coaching Programme

For technical leaders stepping up to lead managers and influence across teams. This programme builds leadership clarity, confidence, and the skills to lead effectively, even when things get tough. The focus is all about moving from managing delivery and smaller teams to managing other managers and working across organisations.

A 9 month coaching programme, tailored support and professional development of people in operational leadership roles.

Month 1: 30 minute matching call to identify the best fit coach from our team. If requested, the allocated coach will arrange a 45 minute joint introductory session with both the coachee and their manager to establish shared goals for coaching and any feedback or support needs.

Month 2-8: Coaching is supported by a coaching contract, coaching programme and coaching goals. One coaching session during this period will be desiccated to a PRISM behavioural assessment or 360 feedback session. Coaching sessions are up to 90 minutes in length.

Month 9: 30 minute evaluation session
Online only delivery.



Full programme of coaching costs £3,135 plus VAT usually invoiced quarterly.

Executive Coaching

Our Founder, Amanda personally takes on a small number of senior execs each year. The high-performing executives Amanda works with use coaching to release pressure safely, ensuring they can lead with clarity, resilience, and alignment to their values, even in the toughest moments.

A 12 month coaching engagement

Deep personal relationship and tailored approach to meet your specific needs and thinking style.

Coaching is delivered in accordance with the International Coaching Federations [ICF] code of ethics and supported by a coaching contract, private shared agenda, bespoke coaching programme and coaching goals.

Coaching includes all related resources and support material plus:

360 feedback gathered via our 'Ask 5 Questions' tool
PRISM behavioural preference profiling and analysis.

Up to 2 hours coaching per month plus unlimited phone/email support

Online only delivery

12 months support is £7,300
Invoiced quarterly at £1,825 per quarter

Hybrid delivery

12 months support is £8,100
1 session delivered face to face per quarter
Invoiced quarterly at £2,025 per quarter
All fees exclude VAT



Up to £8,100 plus VAT for the online & in person option usually invoiced quarterly.

Unblock the Team

Group coaching for teams who want to move forward & do more

Stuck teams don't just need motivation—they need a shift in how they work together. Our team coaching reveals hidden blockers, strengthens relationships, and builds the trust needed for lasting change.

You and your team get your own coach and over the a few weeks you'll cover:

Set the scope: Your coach works with you to define what you want to work on, what is it you want to unlock in the team?

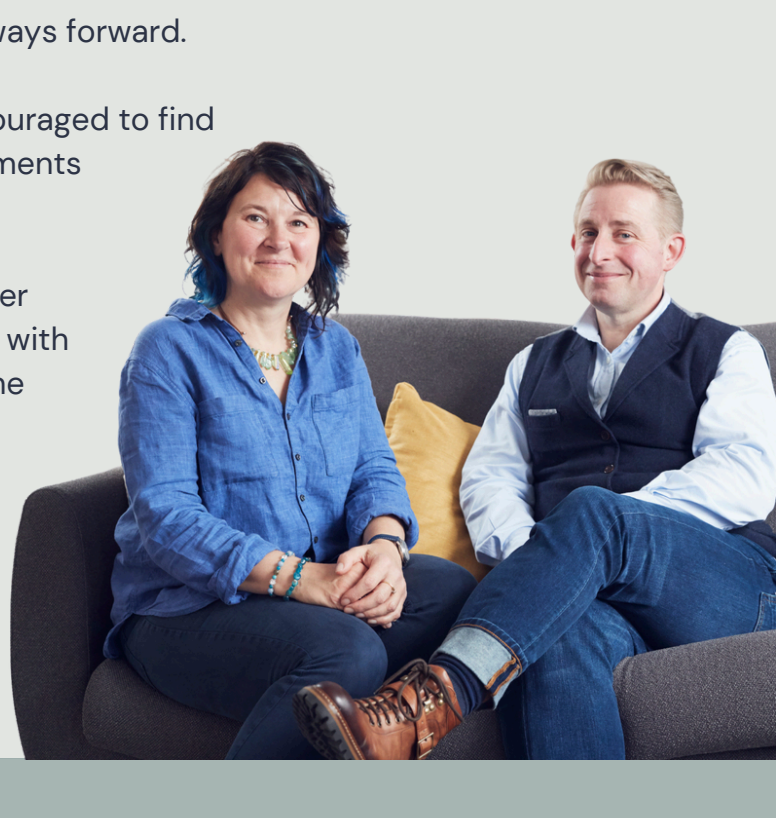
Gather data and build trust: Your coach then crafts a set of questions and conducts insight interviews getting the team thinking differently and sharing their thoughts and ideas.

The diagnostic: The data gathered is then analysed by your coach who bubbles to the surface the key themes of what's really important when it comes to the challenge you want to tackle.

Share and explore: The team come together in a specially designed session hosted by your coach, who gets the team talking in brand new ways. The truths gathered are shared and explored in a safe way that creates new ways forward.

The agreements: The team are then encouraged to find common ground and build a set of agreements and actions to move forward.

Accountability check: In a few weeks after the team session you'll get back together with your coach to discuss progress against the agreements you've made.



Starting from £3,000 plus VAT depending on the number of in person sessions needed.

For more information about any of our coaching programmes please contact me:

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