

## Get Motivated: One To One Business Motivation

If you want to get ahead and get connected in planning and developing your business, you can stay ahead of the crowd by securing a place on our one to one business motivation programme to:

- **Get motivated**
- **Find your direction**
- **Get connected**

**Introductory Coaching Session Cost: £40.00**

**One to One Business Motivation Cost: £160.00**

**Additional Unlimited Email Support during package Cost: £50.00**

Includes:

- 4 x 45minute telephone session  
(30 minute coaching session and 15 minute personal connectivity mapping)

**A Motivational Coach will help you to:**

- Step back from everyday tasks
- Reflect on your progress, strategy and approach to planning and developing your business.
- Re-focus, identify strengths and weaknesses and create a plan of action to move the business forward.

A Striding Out team member will prepare a personal connectivity map to help connect you to the appropriate contacts to take actions forward.

**Additional Life Coaching Sessions: Cost: £40.00**

**Get motivated and connected ...**

**Email [info@stridingout.co.uk](mailto:info@stridingout.co.uk) to express your interest in an Introductory Coaching Session or Business Motivation Programme.**

## How The Business Motivation Programme Can Help Give You Your Blueprint For Success

Turning your ideas into realistic and viable plans is a huge and sometimes daunting task. Subsequently, the best approach is to break this down into manageable chunks. This enables you to work through the components in a methodological and logical way.

The Business Motivation programme will help you through this process. A motivational coach will help you to:

- Assess and breakdown the core components of your business idea to be researched and developed. We can sometimes be overwhelmed by an idea locked inside our heads, so it's extremely useful to communicate your idea to someone with a wealth of expertise, who can translate it into a real plan.
- Identify your strengths and weaknesses in relation to the skills and resources you will need for your business. This process can help you to identify and deal with obstacles that might be holding you back, and develop a strategic plan for building your resource base and skills mix (to make the most of your strengths and fill in the gaps in your skillset and knowledge).
- Take a step back and reflect on your core vision. This will allow you to review your progress and time management, prioritise tasks, or regain direction and momentum in moving the plan forward – a crucial stage in achieving your goals.
- Build the framework of the plan, to connect and develop the essential elements, such as content, information, and budgets.
- Connect you to suitable contacts, from suppliers and customers to brand, marketing or PR consultants, to help you build and develop your business effectively.
- Feel encouraged by giving you the moral support so often lacking for young entrepreneurs. Setting up your very own business is exciting and exhilarating, yet lonely and frustrating at times. A coach will help you to weather the storms and keep you motivated and on track. You'll be leaping over hurdles as a result and enjoying the experience of self-employment.

### What Others Say

'When I was first introduced to Heather and the Striding Out program I was not really quite sure what to expect. As a Furniture Designer, I firstly had no clue about Business or even where to begin.

However with the participating in the Business Motivation Programme I am now able to concentrate my efforts and time on my business needs. Time becomes precious when you have a full time job to focus on too.

The fact that a network of people could help me realise my idea seemed alien to me. However I am in no doubt that if I hadn't decided to become part of the scheme I would be still stuck at square one. Heather has helped me find a clear direction for my business and introduced me to the right people that were interested in my ideas. Striding Out has helped me to firmly believe that my business can work, I still have a long way to go but at least I now feel that I have the support and backing that I need to make it a success.'

Patrick Bek, Homework Design