

Positive Action Coaching Programme

- Are you a young person with enterprising ambitions?
- Are you seeking guidance in identifying your ideas, finding the right opportunities and discovering your 'authentic' career path?

If so, a Career Coach will help you to identify your core values, skills, goals and objectives, to help you create a plan of action which will align your enterprising ambitions with your current career path.

After all, if you're going to the trouble of starting your own business, you need to be passionate about your idea and believe in it. Your business must suit you.

Get Inspired. Get Motivated. Get Active.

One to One Introductory Coaching Session

Cost: £40.00

Positive Action Coaching Programme

Cost: £160.00

Includes 4 x 45min telephone coaching sessions (Concessions are available for beneficiaries who are unemployed.)

Additional unlimited email support for the duration of the package Cost: £50.00

Additional Coaching Sessions: Cost: £40.00

Secure your vision and future potential ...

Email info@stridingout.co.uk to express your interest in an Introductory Coaching Session or Positive Action Coaching Programme.

How Coaching Helps Explore Your Business Idea and Equip Yourself To Make The Right Decisions

If you are keen to set up your own business, but are struggling to find your “authentic business idea” or you need help in deciding whether to take the plunge, life coaching can help by:

- Clarifying what really matters to you and what you want to achieve... and then helping you to get there.
- Identifying your core values, key skills, attributes and interests, as well as your natural style.
- Giving you the tools to get to know yourself better. The best business ideas are ones that are totally in tune with you and your personality. By focusing on the things that really engage and interest you, coaching can help you to identify your own special business niche.
- Drawing on your values, skills and passions to find your business purpose. Very often your life purpose or business blueprint is right under your nose – sometimes it's so obvious you just can't see it! Your coach will help you to unlock the opportunities you might be overlooking.
- Focusing on what is important to you - helping you to put aside the expectations and assumptions of other people and be true to what really drives and motivates you. Pursuing your passion and being true to yourself is the secret of entrepreneurial success.
- Identifying and overcoming the obstacles that might be stopping you from setting up your own authentic business. Whether you're being held back by fear of failure, worries about other people's opinions, or a lack of creativity, your coach can help you overcome these barriers and achieve your goals.

What Others Say

“Jenny Ungless quite literally turned my professional life around from our very first meeting. I walked into her office without really knowing what my next career step was and walked out two hours later buzzing with ideas for a new business. Jenny then helped me to focus my thinking, turning my lofty dreams into a very real, detailed and workable plan, giving me the knowledge and confidence to take the first steps. Her continued guidance, encouragement and support have been key for me not only in starting but also in building my business, and have given me the mettle to deal with the obstacles that crop up.

It is easy sometimes to become overwhelmed by the enormity of the ‘big picture’ in small business. Jenny kept me on track by staggering my plan; giving me the flexibility to slot in new ideas as they arose without feeling I should have achieved everything yesterday or must achieve it all tomorrow! It sounds simple, yet has been one of the most valuable tools for me and continues to be so; basically it stops me freaking out and giving up!

I see Jenny as a staple of my business now – someone who will be there to share new ideas with, troubleshoot problems with and help take my enterprise to new heights. I truly cannot recommend her highly enough,”

Debbie Davidson, The Cardmaker's Studio

Email info@stridingout.co.uk to find out more about any of the above coaching programmes, sessions or workshops.