

Coaching with Sherry Bevan, The Confidence Guide

What do you want?

- Stop feeling overwhelmed and take back control of your life?
- Go back to work with confidence?
- Identify what you want to do next and make strong confident decisions?
- Manage your work-family life balance and identify realistic strategies?
- Simply find more time for yourself, perhaps to get fit and healthy?



Coaching supports you to get where you want to be much more quickly than if you are left to your own devices. It is founded on the principle that we all have within what we need to move forward, but sometimes it needs a little coaxing.

My role as a coach is to help you figure out what you really want in your life or career and work with you to find a solution that suits you. I will be your catalyst - your agent for change.

I will support you on a one-to-one basis, creating a safe environment where dreams and challenges can be shared without judgement or repercussion. Every session with you will be positive, proactive, personal and in the present, to give you control over your goals and their challenges. So that you make strong, confident decisions.

Personality profile:

DISC personality profile online assessment with a 17-page report includes 1 coaching session to maximise your learnings so that you can improve your communication, identify your strengths and discover how to better appreciate others.

£97

3 months:

6 x telephone (or Skype) coaching sessions - full DISC profile report. Sessions are 45 minutes; first session is 90 minutes.

£695

4 months:

8 x telephone (or Skype) coaching sessions with full DISC profile report. Sessions are 45 minutes; first session 90 minutes.

£795

VIP Day:

If you lack clarity and focus, if you know you need one-on-one attention in a concentrated way to keep you focussed, the VIP Day is for you. Face-to-face in North West Kent, SE or central London.

£895

Want to find out more? You can [book](#) a FREE 20 minute taster session to find out if coaching is right for you, or simply email me at sherry@inspirationparty.co.uk.

Find us on:



inspirationparty.co.uk