



## PERSONAL COACHING & MENTORING FROM T2

Helping you achieve – and enjoy – personal and professional growth

### What's the difference between coaching and mentoring?

Coaching in a business environment is a short term involvement, aimed at developing skills in a particular area, e.g. enhancing persuasive skills when giving a speech or improving decision making skills. Mentoring is generally more focused on developing confidence and capability to meet current and future challenges - mentoring takes a longer term view.

By working with Sandra Parker and T2 you can be assured that your programme – and coach – will be flexible enough to provide both types of support.

### Who would benefit from a coaching & mentoring programme?

Personalised programmes are ideal for someone with a busy life who needs external assistance to get to the next place in their working life, or maybe a helping hand and listener to help formulate thoughts through a difficult time, or perhaps there could be a challenge required to overcome. Having access to a third party who doesn't know you too well but who wants to help you achieve the success you desire can be a life-changing experience. The content of your programme:

Each programme is tailored to your needs and objectives but may include some or all of the following:

- Clarifying personal goals for future development
- Encouragement and support in exploring new perspectives, solutions, attitudes and strategies
- An objective sounding board and reality check
- Encouraging creative thinking in self-development
- Helping enhanced self-confidence and personal effectiveness for the future
- Developing methods of maintaining progress and personal growth
- Debate, discussion and generation of ideas
- Personalised strategies to avoid becoming defensive or taking things to heart

### Confidentiality:

All discussions are carried out on a strictly private and confidential basis. Feedback will not be given to any third party under any circumstances.

### Venues:

Discussions will be held in a Central London location at a suitable date and time

### Investment:

Initial discussion by phone to assess whether a T2 coaching programme is right for you	<b>FREE</b>
First meeting, face to face, London – 1.5 hours @ £50.00 per hour	£75.00 per meeting
Follow on meetings via Skype/phone – 1 hour @ £50.00 per hour	£50.00 per meeting

In our experience, a programme of just four sessions spread over a 3-4 month period can give you the skills, confidence and support needed to move forward.

### Special Offer: 11% discount if you buy 4 sessions up front.

Your investment for a 4 session programme would normally be £225.00. For a short time only, you can receive a personalised programme for just £200 if you buy 4 sessions (1 x face/face; 3 x phone) up front.