

## Your time is your most valuable resource.

How you spend it matters. Choosing to invest in coaching or consulting with me has to be worth it. That's why it's important to know how I work and what I can do for you.

### I help people in business to develop their own strong and unique voice so they can...

- *Get better at creating the right material for them*
- *Go from good to great*
- *See what works and what doesn't - and know what to do about it*
- *Use precious time more effectively*
- *Be confident in communicating with an audience.*

I'm collaborative, generous and encouraging but I have high expectations. I may want you to succeed (and I really do) but *you have to do the work.*

### The Consultations

**Before** - Think about what help you want. Some people are clear on what they need but others use me as a sounding board. Either is fine.

**During** - We'll probably cover a lot but by the end, you will have concrete actions to take so you can get started straight away.

**After** - I'll send session notes, summarising what we covered and outlining the next steps to ensure you stay on track and get things done.

### The Details

- 45 minute session, by Skype or similar
- Guidance and direction on your specific areas of concern/interest
- Insight and a fresh perspective, based on my 30+ years of experience
- **First consultation is free; Subsequent consultations \$80.**

Consultations are tailored to you. I don't impose my way of doing things - I guide and offer suggestions that I believe will help you.

We can work on **Content Creation** - blogs, social media, newsletters; **Podcasts** - guest spots or interviewing skills; **Video** - be more natural and more confident in front of the camera; **Thought Leadership** articles, speeches and presentations; **Confidence** and **Productivity**.

[Book a session here](#) (the first one is free)

[Email me here](#)