

COACHING Academy – Accelerate Your Coaching

COACHING DEVELOPMENT

Coaching
Options for
Coaches

- Made for you Coaching Tools
- Networking with Purpose Events
- Peer Coaching Support
- Master Coaching - 12 Week Accelerate Programme



Elaine Curry Coaching
TRANSFORMATION & PERFORMANCE COACH
Website: www.elainecurrycoaching.com
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Join **Mi Life** Conscious Living Community

A LIFE WITH *Purpose* INTENTIONAL LIVING



12 WEEK
LIFE
TRANSFORMATION
PROGRAMME



MIND BODY HEART SOUL



Mi Life: A Mindful Insightful Journey of Growth and Life Transformation

Mi Life is a transformative path that nurtures individual growth within a supportive community. Connect with like-minded individuals and building meaningful connections. It's a space where you can thrive, surrounded by love, understanding, and wellness.

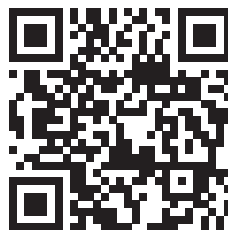
What You Get When You Join:

- Monthly Coaching Sessions
- Exclusive Videos and Resources
- Networking Opportunities
- Meet-ups
- Soul Adventures
- Retreats

www.elainecurrycoaching.com

Contact Elaine: 079 6752 2472 (UK)

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Dreams to Reality



Transformation Coaching

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Together let's
find clarity,
simplicity and
solutions

Life Coaching
Goal Setting
Vision Boards
Emotional Wellness
Health & Wellbeing

Performance Coaching

Executive Coaching
Strategic Planning
Business Planning
Project Management
Charity Development

CONSULTANT COACH TRAINER FACILITATOR



I am a qualified transformation and performance coach passionate about supporting personal and professional development and turning people's **DREAMS into REALITY**. For 26 years, I have been dedicated to leadership coaching and health improvement. I love to empower individuals to navigate change or support their development journeys, setting realistic goals. I offer 1-1 coaching sessions and a range of tailored wellness programmes.

CONSULTANT COACH TRAINER FACILITATOR



My Passion: Transforming Lives – Building Communities



My Mission: To support people with personal and professional plans – empowering and inspiring them through coaching, consultancy and training.



My Clients: I work with individuals, CEO's and senior management staff, charities, businesses and coaches.

PROFESSIONAL AND PERSONAL DEVELOPMENT



Coaching: Coaching deepens your self-awareness and sense of responsibility. It equips you with essential skills and tools in a supportive environment. This process builds enhanced performance and encourages creativity.

Life Coaching Offers You **REAL RESULTS**:

- Reflection on habits.
- Exploring issues and finding solutions.
- Goal setting and action planning.
- Listening with empathy, integrity and compassion.

Transformation Coaching PERSONAL DEVELOPMENT

Life issues I can support you with: Life changes, career changes, loss of focus, stress and overwhelm, confidence-building, decision-making, anxiety, depression, daily struggles, wellness, bad habits, relationship issues.



Life Coaching: Life transformations, Life Purpose, Career Transition, Mindset and Emotional Wellness, Stress Management, Self-Compassion, Healthy Relationships, Spiritual Development, Goal Setting.

Ageing Well: Health Improvement, Ageing Well, Menopause Coaching (Me & Pause in Menopause, Finding Joy in Menopause).

Programmes, Workshops, Retreats and Events

Performance Coaching PROFESSIONAL DEVELOPMENT

Professional coaching and consultancy are available to assist you in exploring your professional development needs with goal setting, taking your visions to reality. I excel at identifying opportunities for growth and building key partnerships, strategic priorities, leadership and wellness.



Leadership: Strategy Planning, Business Planning, Project Planning, Executive Coaching, Staff Coaching, Team Building, Evaluation & Impact Reporting, Charity development, Governance and Fundraising.

Wellness: Wellness support for employees and volunteers. Wellness Workshops i.e. Ageing Well, Emotional Wellness, Stress Management, Self-Compassion for Leaders, Career Development and Menopause Support.