



Elaine Curry is a Transformational Coach specialising in Personal Development and Professional Coaching. Working with people who desire change, are committed to themselves or serving others.

Transformation Coaching

Empowering and Inspiring Change

Personal Development

- Life Coaching
- Goal Setting
- Vision Boards
- Relationships
- Health & Well-being
- Emotional Wellness
- Finding Your Purpose

Transformation Programmes

Performance Coaching

Leading Growth and Success

Professional Development

- Executive Coaching
- Career Development
- Strategic Planning
- Business Planning
- Project Management
- Become a Coach

Mentoring and Coaching Packages

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TRANSFORMATION COACHING PERFORMANCE COACHING



I am a qualified transformation and performance coach. I have two decades of experience in personal and professional development, offering many uplifting transformational programmes and professional support packages.

With my training and education in Psychology, Sociology and Health & Social Care this led me to a career in the Voluntary and Community Sector where I provided effective support, development and management to a board of directors, employees and senior management. I found my talents in strategic planning, project development, fundraising, executive coaching and people management.

I progressed in my career with additional training in NLP, leadership, mentoring, facilitation, supportive living, mental health promotion and life coaching. Most recently I completed an Advanced Diploma in Sustainable Investment in the Third Sector, specialising in executive coaching for the community and voluntary sector, taking people's visions to reality.

Through my coaching, I am to inspire, lead and empower people to address challenges in areas of their personal and professional life, and in 2018 I became a mentor for Women in Business NI. I am an author with my latest book: *The Art of Living - Lessons for a Liberated Life*. My mission in life is to make a positive difference to someone every day - this drives me to spring out of bed in the morning!

This leaflet will highlight my unique 1-1 coaching and support available. I would love to hear from you!

“MY PASSION: My passion is to empower, guide and inspire people to gain clarity and wellness to activate a positive lifestyle with fulfilment, purpose and success”.

“MY VISION: People are living their best life with serenity, purpose and fulfilment”.

“MY MISSION: I am committed to helping people develop life or professional plans with goals and accountability. Inspiring, leading and empowering people through coaching, mentoring, consultancy and training”.



Life Coaching

Investing time in your personal life is crucial to manage your whole life in a unique and satisfying way. Life coaching is a process of inquiry and personal discovery to seek clarity on your issues, build a level of awareness and responsibility as well as provide you with the mindset, skills, tools and support. It will give you effective feedback, planning and guidance to work towards your desired life.

Life issues Elaine can support you with: Anxiety, depression, overwhelm, life changes, relationship issues, decision making, breakups, divorce, domestic violence; health issues, change their career, career issues, transitions and challenges, financial worries, anger, stress, bad habits, lack of confidence, lack of motivation, loss of focus, frustration, struggles and negativity.

1-1 Life Coaching Discovery Session £60: 60 minutes.

1-1 Life Coaching Session £100: 90 minutes

Free 30 mins discovery call - Make the call to make changes in your life that matter to YOU:
BOOK NOW

Life Coaching – Transformational Programmes

My transformational coaching programmes are personalised, designed to best suit your needs to get the results you desire unlocking your true potential. These programmes can be delivered 1-1 or in workshops (Prices vary depending on group sizes)

HEALTHY MIND PROGRAMMES: Diamond Transformation; Mind Fitness.

HEALTHY BODY PROGRAMME: Healthy body – Body Rehab.

HEALTHY RELATIONSHIP PROGRAMMES: Surviving a breakup; Finding true love; Couples healthy relationship programme; Positive & motivating parenting; Surviving domestic violence

HEALTHY FINANCES & CAREER: Financial well-being; Goal setting masterclass

HEALTHY SPIRIT & SOUL: Healing the soul of a woman; Forgiveness

HEALTHY LIFESTYLE/ TRANSFORMATIONAL PROGRAMMES: Weekend coach;

Liberated and Fabulous women 8-week programme; **Sisterhood of Transformation 12-week programme;** Ageing Well programme; Vision board workshop; Clear psoriasis – clear skin programme – Also Ebook available: Control Psoriasis – Don't Let it Control You

Impact Statements from Clients: “I have so much more positivity in my life now”

“I am visualising more now my life – I recognised that I need to vision what I want in life” “I have a healthier focus on my body” “I am communicating better with my partner and family.” “I can deal with stress better and know what triggers it”

“I have a great understanding of the importance of communication.” “I have got so much out of this course, I feel better, living healthier and happier.”

“Loved the NLP learnings – vision and goals important in life.” The programme reinforced the importance of focusing on me – the best version of me.”

“This course has been the first steps towards strengthening my healthy mind.”

“You mastered your life and have inspired me to do the same – Thank-you, your wisdom give me the clarity I needed”.

Join my online community: Private Facebook Groups:

WOMEN INSPIRED: It's an energising and inspiring group focusing on personal growth and wellness for women. Daily messages to inspire women on their life path, sharing my wisdom, positive energy, insights and resources.



SISTERHOOD OF TRANSFORMATION: This is my Virtual Life Coaching – Membership Group. 12 Week Intense Transformation Coaching sessions creating a space for additional support needed beyond daily posts and to get connected to other women to support life challenges at a higher level so women can shine. Lots of FREE Resources. Great for those looking change in their life and for coaches who want a good structured course.

Retreats Available

RISE & SHINE - Soul Sisters Get Away: Connecting like-minded women together. Offering a 3 – 7 day break in a beautiful setting with beautiful women who what more from life.



PERFORMANCE Coaching, Mentoring and Consultancy

Professional Coaching, Mentoring and Consultancy is available to assist you in exploring your professional development needs, discuss 1-1 support, set goals and take your visions to reality.

We coach: Individuals, professionals, CEO's, senior management staff, charities, organisations, businesses and coaches.

Area of expertise: We specialise in CEO and Senior Management Coaching, Strategic Development, Charity Development, Business Development and Consultancy. Our solution-focused coaching can help you to find the answers to enable you to move forward successfully with confidence.

With my recent Advanced Diploma in Sustainable Investment in the Third Sector I specialise in the development and improving performance within the Charity Sector.

As a recognised Women in Business Mentor – I am passionate about empowering women and promoting leadership.



PROFESSIONAL COACHING - Professional issues I can

support you with: Business planning, charity development, strategic planning, project development, professional development, career development, team building, office conflict, improvement plans, workshop facilitation, bespoke training, fundraising, leadership, policy development, risk management, goal setting, motivational, risk management, time management, staff coaching and 1-1 Executive Coaching.

Performance Coaching – BOOK A Free Discovery Call

A perfect way to start your journey is to join me on a powerful 30 minute 1-1 complimentary chat to create a crystal clear vision of your professional needs with a clear focus.

FREE 30 mins session discovery call - Make the call to make changes in your life that matter to YOU:
SCHEDULE A CALL NOW.

Professional Coaching Session £100: 90 minutes

Professional Coaching/ Training Session £250: Half Day **£400:** Full Day

NEW Accelerator Coaching Programme - Coaching Support Programme for New Coaches:

Coaching Programme for New Coaches: Accelerate your Coaching Business in 6 or 12 weeks. We can assist and transform YOU and your coaching business. Courses, Resources, Coaching Tools, Exercises and Powerful Coaching Questions to support your client's transformations. Unleash the coach in you and gain clarity in your coaching career. BOOK A DISCOVERY SESSION NOW.

Impact Statements from a Client: "Elaine is a professional; her CAN-DO attitude is contagious. On occasions when we felt we were miles away from our vision, she was the beacon of light and voice of reason to keep us on track. Her vast experience proved invaluable, generating £600,000 into BEAM within 6 months. Elaine would be an asset to any business, community or organisation".

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