



Reflexion Intensive coaching

Imagine having a coach on hand daily to really keep you on track. Like having your very own personal trainer!

Do you know that you will be, or are you currently experiencing a few weeks when you know you might need some intensive support?

Perhaps you are preparing for interviews

Or you have just been made redundant and think that you will feel lost for the first couple of weeks

Perhaps you have just started a new role and want support to make the best impression right from the start

Maybe your workload is currently overwhelming and you are afraid that without the challenge and support from a trusted person something could fall through the cracks

Whatever the reason, we offer a 2 week period of daily coaching could be just what you need.

These sessions are usually delivered over the phone or via Skype