

Personalised Communications Coaching

Transform the way you communicate with personalized, one-to-one coaching sessions designed to help you find your voice, build confidence, and achieve your professional goals.

Why Work with Me?

I combine creative techniques with proven tools to help you:

- Communicate with clarity, confidence, and compassion
- Navigate challenging workplace conversations
- Develop your authentic leadership voice
- Build resilience and self-awareness
- Align your communication style with your values

Coaching Packages

Discovery Session (20 minutes) Free

- Explore your communication goals
- Learn about my coaching approach
- Determine if we're a good fit
- No obligation to continue

Single Session £75

- 50-minute focused coaching session
- Perfect for addressing specific challenges
- Includes pre-session questionnaire
- Follow-up action points

Growth Package (3 Sessions)

£195 (£65 per session, save £30)

- Three 50-minute coaching sessions
- Structured development plan
- Email support between sessions
- Progress tracking
- Flexible scheduling within 3 months



Transformation Package (5 Sessions) £275 (£55 per session, save £100)

- Five 50-minute coaching sessions
- Comprehensive development plan
- Priority email support
- Regular progress reviews
- Flexible scheduling within 6 months
- Additional resources and tools

Optional Add-Ons VoicePrint Assessment

VoicePrint is a unique diagnostic tool that reveals how you use different 'voices' in your communication and how they impact others. It identifies your natural strengths and potential blind spots, showing you exactly where and how you can become more influential and effective.

Individual VoicePrint Profile: £80

- Self-perception profile
- Detailed analysis
- Integration with coaching sessions

For organizational VoicePrint assessments and team packages, please enquire directly.

How It Works

1. Book your free discovery call
2. We'll discuss your goals and choose the right package
3. Begin your journey with structured, supportive coaching
4. Receive practical tools and strategies you can implement immediately

All sessions are conducted online via Zoom, offering maximum flexibility to fit your schedule.

Ready to Begin? Book your free discovery call by emailing me:

Email: elspeth@consultandtrain.co.uk

Website: www.consultandtrain.co.uk

Consult and Train is a branch of 2BU Productions Ltd. *Payment is required in advance for packages. Flexible payment options available upon request.*

