



One to One Coaching Guide.

Everything you need to know about our unique coaching service in one handy guide.





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Why **our** One to One coaching works

One-to-one coaching works so well because it's a deeply personalised experience guided by seasoned coaches with a wealth of experience across organisations, disciplines and cultures.

It builds accountability, and creates space for real brave transformations.

Unlike group coaching, it meets people exactly where they are, tailoring the support to their unique challenges, values, and goals.





How we make your coaching **unique**

It starts with a conversation, that's all about you and your future.

We're skilled in the art of conversation and we'll be able to help you bring to life the goal that you're trying to achieve.

Once we've agree where you're going , together we'll create your personal road map using tried & tested coaching techniques with the added bonus of our BRAVE Principles.

This coaching will be as unique as you are.

“We’re **experts in
understanding performance
effectiveness and releasing the
human potential in you and
your teams”**





How we make it work for **you**

Once your coaching goals are set we'll partner with you to help you work through the very best way to get there. Whether that's digging into what's happening now, exploring potential roadblocks or coming up with credible options and planning the path to success we'll be there, right by your side.

Our coaching can be delivered face-to-face or virtually. The way we'll work together will be chosen by you as part of your unique program

The most common topics we coach are on the next page, but we're always open to help you with something else. Just ask, we'd love to help.

THINK

Unblock the barriers to communication, helping you to think and lead better.



SPEAK

Speak so others want to hear. Learn to take debate seriously, not personally.



DISAGREE

Build collaboration skills and learn to disagree well and debate with purpose.



DECIDE

Make well-formed decisions, move from discussion & debate to the right outcome.



Testimonials

Don't just take our word for it. Read what others have to say.

JO WATSON
HEAD OF CORPORATE
PARTNERSHIPS
ISEP



Working with Rhi Baxter has been an incredibly rewarding experience in my personal development. The coaching provided a safe & supportive space to reflect, challenge myself, and grow in confidence. I gained valuable insights & skills I will carry forward.

SAMANTHA VENN
HEAD OF IT OPERATIONS
& INFRASTRUCTURE
GROUND CONTROL



The leadership coaching I experienced with Sara has been a thought provoking and fun experience for me. It not only deepened my self-awareness but also equipped me with practical tools to lead with greater clarity, confidence, and compassion.

JOE BATE-WILLIAMS
HEAD OF
FINANCE CHANGE
BEAZLEY



Sara helped me prepare a presentation for 300 people. She understood my challenges and helped simplify content, visuals and words. She coached me on language, pitch, and pace, and provided patient, constructive support throughout. She supported my rehearsals resulting in a well received final presentation.

Are you **ready**?



01 Have your goals in mind.



02 Write them down.



03 Get in touch.



04 Book a 15 minute discovery call.



05 Meet your coach.

Resources & Inspiration



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BRAVE



Directing Change

