



Coaching with Quiet the Hive

What is coaching, and how do I know if it's for me?

Coaching is based on the premise that the answers are already within you. The role of the coach is to help the client to unlock their potential through allowing space and time to think. A coach is not there to solve problems for the client or to direct them to action, but to help unlock the potential of the client in solving their own issues and dilemmas. When the responsibility is with the client, then the client has power and influence to tackle their particular issue or challenge.

A coach may help a client to understand a situation more clearly; develop new thinking, ideas or approaches; and/or help the client to identify the actions they may want to take.

Central to the philosophy of coaching is a belief in the potential of the client to improve their performance and develop their own solutions. While the coach need not be a technical expert in aspects of the client's work, they must have credibility in order to build the relationship.

There is a wealth of research highlighting the benefits of coaching to individuals and organisations which can include:

- Better performance
- Improved sense of direction and focus
- Increased knowledge of self and self-awareness
- Improved performance effectiveness
- Increased resourcefulness
- More confidence
- Enhanced ability to relate to and influence others
- Stronger motivation

It can be helpful to consider the following questions when you are considering coaching.

- What am I trying to accomplish?
- Why would having a coach be worthwhile?
- What does success look like?

If you are clear about these, a coach may be a good idea.

What can I expect from Coaching through Quiet the Hive?

My firm belief is that people want to perform at their best, and so my aim is to support and coach you to get closer to that. I will provide you with the space, time and awareness you need to give focus to the areas you wish to develop. At the end of your coaching you will leave ready to face your next challenge armed with all the skills and tips you have developed through coaching.

Testimonials can be found at www.quietthehive.com/testimonials

What is my commitment?

Clients should be open to the possibilities that coaching can provide and to be prepared to commit to and engage fully in the coaching sessions. You should take time to think about what you want to achieve through coaching and what would be different for you as a result.



What are the options and financial investment?

There are three coaching packages available through Quiet the Hive. A payment packages are available for Develop and Grow.

Focus (£475)

- A discovery session - explore a specific issue in a one off, intensive ninety-minute session.

Develop (£2375)

The Develop coaching package contains:

- a 30 minute chemistry call,
- five, 90 minute sessions over a six month period,
- a bonus optional, one-hour, one-off check in session after six months to keep you on track - to be booked by client
- all this, plus a welcome gift

Grow (£3995)

For the Grow package, you will have:

- all of the contents of Develop, plus
- a place on the Awakening Women's Lives (AWL) programme (worth £1875). This exclusive, facilitated programme takes place over a six month period. It is designed to give you time and space to think about your life and/or career alongside a small, select group of peers to identify where you want to be and how to get there. Cohorts are run approximately twice a year, and take place online. More info available via www.quietthehive.com/courses/awl

Extensions

Packages can be enhanced with extensions at unique prices for existing clients (those currently on a coaching programme, AWL programme or within three months of finishing either programme).

- Ad-hoc 90-minute coaching session - £425 (saving £50)
- A place on the Awakening Women's Lives (AWL) programme - £1675 (a saving of £200)
- MBTI profiling – MBTI assessment, report to keep, and two- hour 1:1 feedback session - £697

What else do I need to know?

- Dates to be agreed upfront. However, life happens! If a session needs to be rearranged, either party would need to give at least 48 hours notice. Sessions cancelled by the client with less than 48 hours notice will be considered a 'used' session and will not be rearranged.
- Sessions are delivered online using Zoom.
- Coaching is confidential with the exception of suspected harm to self or others which would be reported to the appropriate authorities.
- Payment for each package is required upfront, or else a payment plan entered into. All prices shown include VAT.
- Prices are reviewed twice a year. Any existing arrangements will be honoured until expired.

Contact

For more information, contact hello@quietthehive.com

