



## “Find your direction” group coaching programme

Are you tired of feeling frustrated and stuck in your life, work or relationships?

Are you struggling to find clarity on where to focus and what should change?

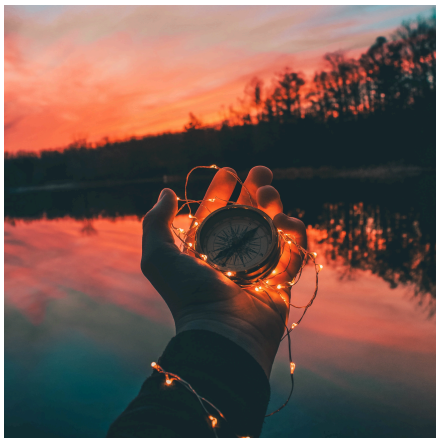
Are you sick of false starts and discouraging outcomes?

Are you ready to try something new this summer and step into a better, more fulfilling life?

### Yes? Then let's get started.

I invite you to join 5 others in my group coaching programme – it is specifically aimed at people, who share many of the same frustrations as you and who also want to move on into new futures. You will grow your self-awareness, understand what drives and motivates you to make changes, before crafting your own unique action plan to step into your new life.

Over 10 weeks, you will gain greater clarity on where the shift needs to be, build an in-depth vision of what you want, explore and plan how your shift needs to happen for you before putting it into action. You may want to work on developing a new wellbeing habit, revamping a relationship or changing career directions – this group coaching programme will enable you to build the knowledge, skills and mindset to make it happen.



Together, we'll have eight 90 minute group calls, two implementation weeks, and two check-in calls in mid August and mid September. In between calls, we'll stay connected in a private Whatsapp group to maintain your motivation, celebrate successes and develop strategies in any challenging moments.

I know that this programme can help you achieve clarity on your goals, overcome any barriers and channel your energies positively into that better future! I've drawn on my experience, developed from more than 15 years of working with people, just like you, enabling them to be successful in transforming areas such as their wellbeing or their relationships, switching careers or finding their “true north” direction in life.

This programme is limited to six participants – please don't wait and miss out.

**[Reserve your place with a £50 deposit now](#)**

### The nitty gritty details and logistics:

Here's exactly what you need to join this exclusive small group:

- [Reserve your place](#)
- Add these dates into your diary:
  - **Calls:** Thursdays at 1800-1930 (London, UK time) 25<sup>th</sup> May, 1<sup>st</sup> June, 8<sup>th</sup> June, 15<sup>th</sup> June, 22<sup>nd</sup> June, 6<sup>th</sup> July, 13<sup>th</sup> July and 27<sup>th</sup> July. Ideally you would attend all dates, though it is possible to catch-up if one is missed.
  - **Implementation weeks:** w/c 26<sup>th</sup> June and w/c 20<sup>th</sup> July. Try out, explore and investigate your focus area, potential actions and see how they work for you.
  - **Check-in Progress Calls:** Thursdays at 1800-1930 (London, UK time) 17<sup>th</sup> August and 14<sup>th</sup> September to catch-up, keep you motivated and celebrate your progress!
- Install Skype and WhatsApp on your devices, ready for our first chat and call.

**Payments:** £50 deposit plus 3 monthly payments of £250 each.

**Got a question?** Drop me a line at [sarae@b-elastic.com](mailto:sarae@b-elastic.com) and I'll be in touch just as soon as I can.



Hello there, have we met?

I'm Sarae Pratt and I help brilliant people add some stretch to their lives, thorough coaching, training and Pilates. We work collaboratively to get real clarity on what you really want, explore what's got you stuck and then we work out how to achieve your goals with as much ease as possible. My empathy and creativity combined with my upbeat energy make working together enjoyable, yet thought provoking and has just the right amount of positive challenge to dig deep and enable you to move forward with confidence. My 15+ years of experience in enabling people to hit their goals gives me a wealth of experience, ideas and connections to enrich and develop your thinking, and motivate your progress.

Why not book a complimentary call and discover what we can do together? You can do so online here: [bit.ly/bookwithSarae](http://bit.ly/bookwithSarae).

I have worked in the UK, Europe and Middle East, across many industries and sectors - as a Learning and Development Business Partner, HR Consultant, Talent Development Manager and Career Coach. My clients range from top talent, fast tracked leaders to MBA students, charity managers to entrepreneurs from organisations such as Sky, Oxfam, KPMG, EY, Atos Consulting, PA Consulting, London Business School, Cambridge Judge Business School and Edinburgh University Business School.

Check out [www.b-elastic.com](http://www.b-elastic.com) for the details on working with me. You can connect with me through the links below or if you have more to say or ask, drop me an email at [sarae@b-elastic.com](mailto:sarae@b-elastic.com)



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