

# 1TO1 COACHING PROGRAMMES

2024 PROPOSALS



**Dot Dot Dash Coaching**

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# DOT DOT DASH COACHING

Welcome! I'm Liz Fraser-Betts, Founder of Dot Dot Dash Coaching. The following document outlines the coaching options that Dot Dot Dash Coaching provide. Options are person-centred and will be tailored to suit the needs of you! Held together with the principles of coaching, in order for each person to personally develop their own plan.



All models contain ingredients of;



**Positive actions  
& motivation**



**Confidence &  
Resilience  
Building**



**Accountability  
& Support**



**Self-Directed  
Learning**

In addition to 1to1 coaching, I also offer different workshops, courses and programmes that can be adapted to the above themes.

**WORKSHOPS  
& COURSES**

**COACHING  
PACKAGES**

**1 TO 1  
COACHING**



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# 1 TO 1 COACHING

Coaching is not purely a method - it is communication tool; 'a way of treating people, a way of thinking, a way of being'. By providing a safe, but challenging space, one-to-one coaching empowers you to craft your own solutions, overcome 'stuckness', and give you the confidence to get you where you want to be. Utilising a diverse array of coaching processes and creative exercises, it offers a platform for profound reflection, enabling you to recognise and address your barriers or 'limiting beliefs,' ultimately paving the way for the realisation of your dream goals.



## 1to1 sessions - 45 min sessions

- Tailored to the individual, one-to-one sessions can focus on a particular challenge (career, work / life balance, wellbeing, etc) and are practical, solution based and conversational.
- Sessions are confidential and offer a safe supportive space for people to explore and identify their goals.
- Sessions help people gain clarity and feel empowered armed with practical solutions to take positive actions.

## Details

- A free chemistry call is available before booking to discuss how the sessions work and ask any questions.
- Sessions take place on Zoom and are 45 minutes long.
- All sessions include pre / post self-reflection exercises.
- Flexibility on timing of sessions and regularity (recommend 2 to 3 weeks in-between sessions). We will work together to discuss best pattern for you.
- Confidentiality contract.



## **GEM RATE: with The Career Reset course**

- **2 x 45 min sessions** = £100
- **3 or more x 45 min sessions** = £45 each (example, block of 6 sessions = £270).



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