



One to One Coaching

with Jack Russell



Walk and talk

Why Coaching?

The most successful athletes and individuals in life all have coaching to develop performance and increase potential.

When do you create an environment to re-calibrate your life and ultimately manifest a catalyst for change?

Have you got a challenge or a blocker that you cannot fix on your own?

How often do you experience the opportunity where somebody listens deeply to you in a non-judgemental and unbiased way?

Who challenges you through curious questioning and helps you to get to where you want to be without doing it for you?

When are you held accountable to the goals and plans in your life?



My questions to you

- Do you need to gain focus and direction in life?
- Are you at a crossroads in your life?
- Do you need to improve your physical and mental health?
- Is there someone that you need to develop a better relationship with?
- Are you struggling with work or business?
- Do you have a leadership challenge?
- Do you need to gain confidence or self-belief?
- Do you need to find your purpose, passion and plans?
- Do you want to reconnect with a colleague or loved one?
- Are you bored; do you need more motivation?
- Is there a big decision you need to make?

'If you don't set goals you become part of somebody else's!'

The Coaching Process

The first priority before a one-to-one coaching session is a **chemistry** conversation to align your needs, wants and communication style.

Before any one-to-one coaching session Jack uses Insights Discovery and Motivational Map **Profiles** to gain an understanding of your personality and motivational preferences.

We provide two types of coaching sessions:

1. One Off Coaching Day - A full one-off day to tackle a life blocker. Some examples might be – career, relationship, health, or life changes.

2. Quarterly Half Day Coaching – Four half day sessions across a year to work on personal leadership, leading others, life balance, personal development, and performance.

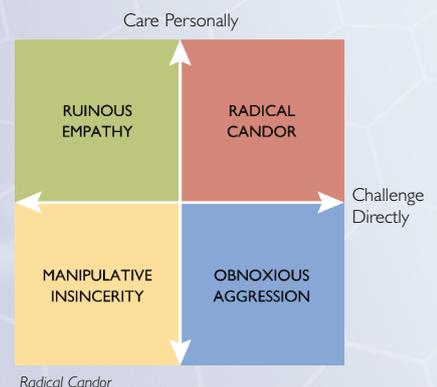
Each one-to-one coaching session is **boundaried**. You have a choice to keep the sessions business or personal focused or a mixture of both.

All coaching sessions are a blend of **challenging questions** and support to help you to come up with your own solutions and chosen goals.

Our coaching process is a simple one; we connect through rapport, trust and care. Followed by curious questioning and listening to get to the core of the challenge. Ending with tangible and realistic actions that are then followed up with **accountability** and support.

"Some of the greatest life changes I have seen have come from the coaching process."

Every coaching session is **confidential**, and we have a policy of 'between these four walls'. A coaching contract will be signed between you and Jack.



Over 20 years of world class leadership & coaching

Prices

One Off Coaching Day

Full day - £1,525 + VAT.

Quarterly Half Day Coaching

Half Day - £530 per half day (£2,120 per annum)

Insights Discovery Profile - £115 + VAT

Motivational Map - £115 + VAT

The prices quoted are not inclusive of any profiles, travel, accommodation, or extra venues needed.

Venues

JRC Office – the session will take place in the JRC office in Devon. EX5 2JW



JRC Office

Walk and talk - if an outdoor coaching day would suit you better, we have access to beautiful surroundings such as Woodbury Common and Dartmoor on our doorstep.

Zoom and telephone – if travelling is not an option we can hold the coaching session remotely via Zoom or over the telephone.

'The brain that created the challenge is not always the one that can solve it.'

About Jack

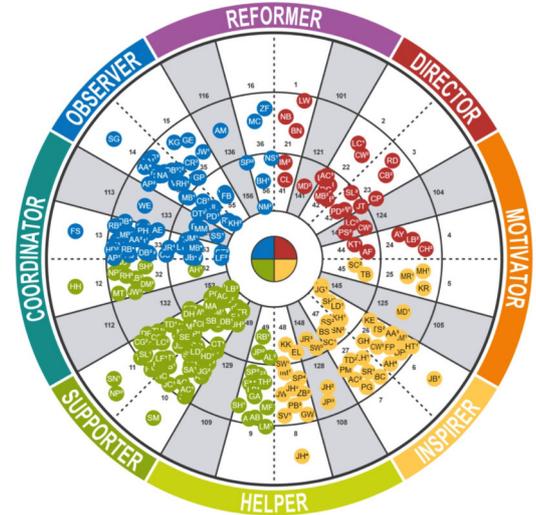
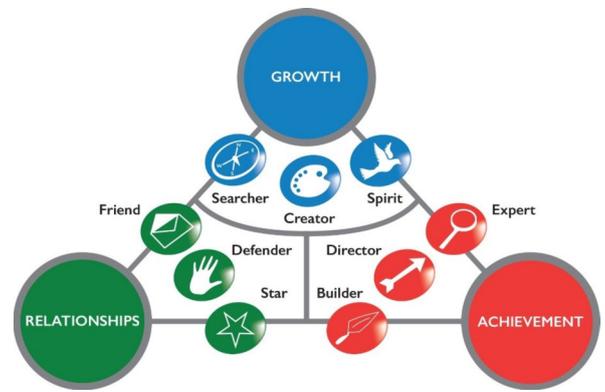
Jack has worked in the field of Personal Development and Coaching since 1986 and has been privileged to work with over 100,000 people. Clients include royalty, Olympics athletes, the military, the NHS, air ambulance crew and numerous business leaders.



Jack's purpose is unlocking potential for positive life change. His vision is coaching life skills for a positive future. His mission is to be the bellwether of leadership, coaching and personal development. His values are adventure, enthusiasm, passion and effort.

Jack has a wealth of knowledge and experience:

- Degree in Psychology and Recreation
- NLP Master Practitioner
- Insights Discovery and Motivational Maps Practitioner
- Level 5 Kayak Coach
- Numerous Outdoor Qualifications
- Devises to Westminster Canoe Race 1,000 miler
- Skied to the North Pole



Testimonials

"I have been working with Jack for just under 1 year. During this time, and through the use of various tools and techniques, Jack's coaching has helped me to develop a better

understanding of my Team, and also helped me develop insights, which have been helpful both professionally and personally.

Given we work in different geographies and time zones, we have a schedule to keep us on track, and outside of this, Jack has been flexible with his approach. I look forward to our sessions, which challenge my delivery paradigm."

Jeremy Bridglalsingh

CEO, Trinity Exploration and Production Plc.

"Jack Russell Coaching has changed my whole outlook on how I work, how I interact with people and improved me as a leader. Jack and the team have provided personal coaching for me, professional coaching and training for my leadership team as well as leading a key event alongside me. I would recommend Jack Russell Coaching without reservation."

Gregg Mockridge

Head Teacher, Stanchester Academy



Jack Russell Coaching

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