

Why get a coach?

"Coaches help you to stay in a state of belief they believe in you even when you don't believe in yourself"



WHAT PEOPLE LOVE ABOUT COACHING WITH KIKI

- *Kiki is a professional, motivational and inspiring coach. When I started working with Kiki, I was searching for clarification and a plan to move my business forwards. Through the different layers of service that Kiki provides as part of her programme, she kept me on track and focused on a daily, weekly and monthly basis. Kiki uses her coaching/mentoring skills effectively, which has enabled me to focus on my personal qualities and experience and apply them effectively and grow the business. I thoroughly enjoyed my sessions with Kiki. She has an ability to build confidence, empathise and provide effective ways to reflect on and move the business forward. The coaching sessions enabled me to focus on relevant aspects of my business and ensured that I spent time on tasks that would move my business forward, instead of procrastinating and wasting time on unnecessary tasks. Throughout the coaching process Kiki recommended relevant books and articles that gave me lots of food for thought and increased my business knowledge. Kiki was very generous in providing tools and resources. I found the 90 day plan very effective and the monthly review booklets gave me an opportunity to reflect on my steps to success, These steps include, marketing my business, creating coaching packages and maximising my website and create actions to move towards achieving my business goals. Kiki has really helped me to clarify the direction in which I want to take my business, whilst providing me with a framework for making change happen. I feel confident and well equipped with various tools and strategies to continue to grow my business. Kiki is a great coach and if you are looking for support and guidance in setting up your business, I would definitely recommend Kiki.*

WHAT PEOPLE LOVE ABOUT COACHING WITH KIKI

- I was coached by Kiki over a period of five months. She is an inspiring lady who got me thinking about my career from a new perspective, and definitely opened my eyes to new possibilities. She is warm but also holds you to your commitments (for your own good). She challenged me on many levels and I'm better for it. I highly recommend her. *Director at Done Eight - Helping businesses succeed in their technology and people projects Jon Hyde, UK*
- I cannot say enough great things about Kiki and her coaching style. She has a gift for listening and asking the right questions to reach into the deepest part of ourselves, that may be holding us back. Her style is so genuine, she makes you feel like you want to be friends and hang out after you talk to her. I have recommended her to several people already. She is fantastic. *Lauri Shropshire Change Management and Communications at Pearson Canada*
- I worked with Kiki for 6 months. She helped me identify and make clear, in my own mind, a way forward for a new project I was working on. She motivated me, held me to account, encouraged me where I was unsure, and taught me things which I plain didn't understand! I am a 'Director' and I plan, and I can be fairly obsessive about my plans. Kiki impressed me with her awareness of what I needed as an individual. She was not too forceful. She didn't instruct. She was not weak in putting forward her opinions and ideas and used ways to incorporate mine in a positive way. She used a guidance which was absolutely at the right level to stay engaged with my particular personality. I feel that is hugely important in a Coach. We were able to develop and proceed, no rights or wrongs, just growth and transformation. I am very grateful for the time I spent with Kiki. She has left me with a nurturing connection post-contract and I will continue to attend workshops whenever appropriate. *Teena Ackary Life is a Walk, UK*

JOIN Heart Centred Business Coaching Mentorship Leader

The Heart Centred Business Coaching Mentorship is designed to give you personalised coaching, entrepreneurial development and most importantly, loving accountability you will be a Heart CHANGER!

This is how you will feel daily:

- H Heart Changer + Turning worry from fear to clarity
- E Excited, proud +accomplished and motivated
- A Alignment of heart and soul happy + joyful daily
- R Reverse chaos to calmness
- T Turn procrastination to focus



By joining the Heart Centred Business Coaching Mentorship, we will help you:

1. Release the courageous Leader within you to create immediate action
2. Breaking your self-limiting barriers + beliefs holding you back
3. Clarity + alignment on your vision, goals + habits to keep you focused
4. Turn procrastination to prioritising your processes + structure to accelerate immediate business growth
5. Mindset growth from scarcity + poverty to abundance achieving income + revenue through authentic sales + marketing
6. Helping you slow down to break free from the striving of hustling of hard work

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