

# Futureyou

Business Coaching

Coaching • People • Sales Leadership

- ◇ Executive Coach
- ◇ Sales & Leadership Coach & Consultant
- ◇ Accredited DISC Practitioner
- ◇ Trainer
- ◇ Experienced People Manager
- ◇ Keynote Speaker
- ◇ Podcaster



University of  
**Salford**  
MANCHESTER



the coaching  
academy



Institute of  
Leadership &  
Management



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# Talk with Suzy.

## 1-to-1 Coaching Sessions



Supporting professionals to survive, thrive and feel amazing in their working lives.

### Coaching is for you if YOU are:

- ◇ Feeling stuck in your work or career.
- ◇ Having a crisis of confidence.
- ◇ Fighting off that pesky inner critic.
- ◇ Feeling like work is not doing it for you anymore.
- ◇ Struggling to focus.
- ◇ Feeling overwhelmed.

Something has to change.

Future you

### My Approach to Coaching:

It's great saying 'I coach clients 1 to 1' but how do I actually do this? This is the 'about me' that you really need to know:

- I'll be your professional cheerleader.
- I've got your back.
- I'm in your corner, by your side through this as you prep for that meeting you are dreading.
- A bit like having a professional friend. A best mate who is an expert in all 'worky struggles'.
- Don't worry; it's ok to have a cry, rant away and let it all out. I create a safe space.
- But after the rant, we get practical.
- I'm here for your progress. We work towards moving forward.

You'll see results.



*'Suzy's skills as a coach plus her approach combining mindset with practical, high-level business advice, made for a really powerful learning experience. I feel I have grown and developed in a relatively short time as a direct result of working with Suzy.'*

Emma, Business Owner



## I can support you with:

- ◇ Personal Development
- ◇ Confidence Building
- ◇ Influencing for Women in Business
- ◇ Leadership Development
- ◇ Managing Performance through Others
- ◇ Building Effective Working Relationships
- ◇ Managing Overwhelm
- ◇ Leading Self at Work
- ◇ Sales Management & Strategy
- ◇ Business Development

## Why work with Suzy:

- Qualified Coach
- 14 years of Sales Leadership experience within the FMCG sector
- Qualified DISC practitioner (Personality Profiling)
- Worked on UK household brands such as Lucozade and Ribena
- Volunteer Business mentor for Business Growth Hub in Greater Manchester

## How it works:

- I work with my clients virtually and face-to-face in the North West.
- Sessions are 90 mins delivered on Zoom
- Available as a one-off session or a block of 3, 5 & 8.

Get in touch!



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www.futureyou-coaching.com