

Reed-Robbins Performance Solutions



One to One Breakthrough Coaching

0800 083 8013
www.reedrobbins.co.uk

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Be, Do & Have Whatever You Want!

We are a team of highly experienced peak performance coaches and our passion is helping people achieve their dreams and take control of their lives!

We believe that when it comes to achievement and fulfilment, the only thing holding us back from whatever we desire, however big the goal, is our limiting beliefs and subconscious programming.

Occasionally the problem is down to your goals being incorrectly defined, too small or just not what you really want deep down. When what you *want* and what you *believe* are aligned, there's no limit to what can do.

When we change our thinking, the world changes instantly to reflect our new reality. Our job is to help you change your thinking, rewire your subconscious mind's programming with powerful and rapid interventions that help you feel more in control and get you to your goals as fast as possible.

We can work with any kind of outcome or challenge, whether its in your personal life, career, health or a personal challenge that affects all of the above. No obstacle is too challenging. Just ask!

You tell us your dream or the challenge to overcome and we will help you make it happen.

What Is Breakthrough Coaching?

Breakthrough Coaching is a one-to-one coaching programme designed to help you be, do and have whatever you want in a short space of time. Working one to one with your coach, you decide on your outcomes and then explore and overcome the challenges and obstacles standing between you and your dreams. We aim to make the process as fast and effective as possible.

How Is Breakthrough Coaching Different To Coaching?

Breakthrough coaching is designed to change the way you think and breakthrough anything that's holding you back from the goals that you set with your coach. Unlike goals coaching, which is a steady, on-going support enabling you to keep on track towards your goals longer term, breakthrough coaching is a short, powerful set of sessions, using tools and techniques designed to breakthrough your subconscious barriers. This way, you can achieve things effortlessly and in a very short space of time. If you're in need of a rapid and profound shift, then breakthrough coaching is for you.

Is Breakthrough Coaching Right For You?

- ✓ Do you want to achieve goals faster or without working so hard all the time?
- ✓ Is there one outcome that has eluded you despite multiple attempts?
- ✓ Do you want to remove the limitations that are holding you back?
- ✓ Do you want to reduce stress and anxiety and increase joy and abundance?
- ✓ Do you want to overcome a challenge that seems impossible?
- ✓ Are you frustrated in an area of life such as relationships, career progression, leadership, financial abundance, emotions? Are you ready for a breakthrough?

How Does Breakthrough Coaching Work?

You can choose between face to face and Skype/phone sessions. We recommend a private and neutral space for your sessions rather than on site at work. Usually face to face sessions are between 2 and 3 hours long. Skype or phone sessions are 60- 90 minutes long. We always recommend you start with a minimum of 3 sessions to ensure you are supported through the changes you want to make. However, you may find it takes only 1 session to make your breakthrough.

You may prefer to have regular, shorter goals coaching sessions and only schedule a breakthrough session when you identify a major obstacle you need to overcome. We will be as flexible as we can to ensure you are supported towards your outcomes.



Getting in touch...



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info@reedrobbins.co.uk

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www.superpowerschool.co.uk

- Performance Psychology
- Influence & Persuasion
- Communication Skills
- Presenting Skills
- Coaching Skills For Managers
- Cultural Change Programmes
- NLP Training & Qualifications
- Engagement Programmes
- Leadership Programmes
- Management Programmes
- Motivation Events