

Coaching is the art and science of a greater understanding & insights into goals and priorities and the best ways to achieve them.

Coaching can greatly improve awareness of one's attitudes, personality, effects on behaviour, clarify goals and priorities, increase mindfulness, resilience and emotional wellbeing.



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## CAREER & LIFE COACHING



### **Online sessions**

Introductory session.  
Complete program of three sessions  
and one follow up.

All the sessions are online,  
confidential and use a mix of  
worksheets and activities.

### **VN9 CLINICAL SERVICES LTD**

Facebook: /VN9ClinicalS

Twitter: @VN9ClinicalS

Website: [VN9ClinicalS.Wordpress.com](http://VN9ClinicalS.Wordpress.com)

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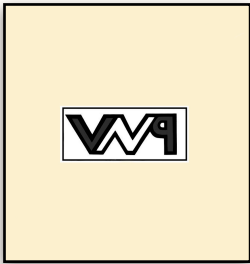
## VN9 CLINICAL SERVICES LTD

### **VN9 CLINICAL SERVICES LTD**

Offering coaching programs online in  
Career, Work, Business & Life Coaching.

Consultancy services in the Healthcare/  
Medical/ Health & Wellness sectors.





Contact VN9 Clinical Services Ltd via Facebook & Twitter @ VN9ClinicalS / via our website [VN9ClinicalS.Wordpress.com](http://VN9ClinicalS.Wordpress.com) for further information about coaching.

## Pricing

Introductory/ Individual session + 2 complementary worksheets - £25

Complete coaching program with 3 sessions + 1 follow up session + 10 complementary worksheets - £75

Online sessions only 15 - 45 mins coaching with guided activities & worksheets

# VN9 COACHING PROGRAM

Coaching can empower and develop capabilities towards achieving career & work goals and priorities. Coaching exercises, when willingly and interestedly completed, can help show light to a different perspective. When realised, life coaching can bring down stress levels and lead to a positive outlook.



Enjoy life

Clear focus

Appreciate finer things

Better connections

Increased productivity

Improved confidence

Be creative

Less worries

Optimistic & grateful

## *Benefits of coaching*

Seeking out coaching is the way forward when having a problem or confusing situation in work/ life.

Coaching can be truly transformative and make one connected, resilient and reflective in the middle of our busy lives.

