



Imagine a life where.....

You feel content in your own skin

You acknowledge your amazingness and other people recognise it too

You are FREE from emotional roadblocks and can confidently follow your true path



Your navigation system to successfully connect & communicate



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Coach – Author - Speaker



With a background in HR & presentation training, I set up my own confidence & communication business – **innerGPS System**.

This system helps you uncover & remove limiting thinking/thought patterns that can create speed bumps along your road to success. InnerGPS Coaching can also enhance both your skillset and mindset, so as you can communicate with more clarity and confidence.

My #1 best selling book, 'Discover your innerGPS' also describes this work.



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Are you struggling with the busy-ness of life?

Do you feel:

- ◆ You have something to say, yet not sure how to say it?
- ◆ Frustrated with being undermined by others?
- ◆ Affected by bouts of self-doubt or judgement?
- ◆ Anxious around public speaking and it's a part of your job



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Would you like to....

Silence that inner voice of self-doubt?
Feel that inner strength and confidence in your decisions,
abilities and self-worth?
Pick up tools and strategies to build an authentic relationship
with yourself and others.



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With innerGPS Coaching, you can step into your own power!

With increased inner confidence and self-belief
you can communicate more effectively
in your personal & business relationships.



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InnerGPS is available in the following online programs:-

Coaching

- 1:1 Coaching
- Couples Coaching
- Teen Confidence Coaching

Groups

- Team Training
- Public Workshops



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#1 | Go Deep Session – 2hr Deep Dive

The Go Deep Session is at the heart of the innerGPS **Coaching programs**.

This is where we uncover unresolved emotional upset, limiting beliefs and count-productive coping mechanisms. We uncover behaviour patterns which are holding you back from achieving what is truly meant for you.

Imagine, being more accepting of yourself and lighter for having dropped all this old negative baggage!

That's the power of the transformative **Go Deep** session.

#2 | Follow-on, 1hr coaching Session

Dropping old ways and retraining your intuition muscle to adapt new positive approaches, takes a little time.

Allowing those old patterns to wind down whilst you take on more supportive mechanisms.

This re-training takes place during the following 1hr strategy sessions after the Go Deep sessions.

#3 | Strategy Emails

Based on our 1:1 sessions, our strategy emails will outline the agreed 'next steps', reflective work, for you to take in order to reach your goal.

These insights serve as prompts and ensure you receive the appropriate support and achieve the results you are working towards.

◇ Packages to suit your needs

Whether you are looking to increase your self-belief, confidence or communication skills, you can achieve these goals with our programs.

The unique style to the innerGPS program gives you the opportunity of ongoing support which ensures optimum success for you!

An initial **3 month** commitment is recommended to achieve the best foundation. A variety of pre-set packages are available at a discounted rate for you. Once you have completed the initial 3 months coaching, you can opt to continue with these packages or pay 'as you go'.

With our innerGPS packages, you can step into your own power & unleash your awesomeness !

Pit-Stop

~~€300~~ **€240**

1 Go Deep Session

- ✓ 1 x 2hr GO DEEP coaching session
- ✓ 1 x follow on strategy email

1 Month Explorer

~~€600~~ **€499**
1 month

- ✓ 1 x 2hr GO DEEP coaching session
- ✓ 2 additional coaching hours
- ✓ 2 follow-on strategy emails

3 Month Navigator

BEST CHOICE

~~€1500~~ **€1299**
3 months

- ✓ 2 x 2hr GO DEEP coaching sessions
- ✓ 6 additional coaching hours
- ✓ 5 follow-on strategy emails

3 Month Voyager

~~€2160~~ **€1799**
3 months

- ✓ 3 x 2hr GO DEEP coaching session
- ✓ 9 additional coaching hours
- ✓ 6 follow-on strategy emails

Your journey begins with the next step...

Decide which program best suits your requirements.
Contact me to arrange your initial **2hr Go Deep** session.
Once arranged, you will receive online payment details.
Your online payment will secure your session.

With InnerGPS Coaching, you will gain insights into how to confidently
'standing out when you speak up'

3 ways innerGPS Coaching can provide **online support** to you:



- 1:1 personal leadership coaching
- Team Training
- Public workshops

For more details on our coaching or group programs, schedule a 15 minute complimentary call with Karen [here](#)