

TRANSFORMATIONAL LIFE COACHING

**Creative Conversations
for Purpose-driven People**

with Emma Dewhurst



HOW DO I KNOW IF THIS IS FOR ME?

ARE YOU ...

- Feeling stuck in your personal or professional life?
- Struggling with a life or work issue that is holding you back?
- Bugged by a feeling that you are not fulfilling your true potential?
- Frustrated and restless but don't really know why?
- Struggling to get clarity and can't see the wood for the trees?
- In the middle of a big life change and want some support?
- Feeling out of balance in your life?
- Unclear on your goals and never really making progress?

COACHING HELPS YOU TO ...

- Become unstuck and actually make the changes you want to happen
- Gain clarity and awareness around the issues that are holding you back
- Equip yourself with a personal 'toolkit' unique to you which you can turn to in times of crisis and uncertainty
- Decrease stress & overwhelm
- Increase joy, creativity and confidence in yourself
- Enhance your ability to think creatively to solve your problems
- Develop a plan with do-able action steps to help you achieve your goals

" I can bring literally any topic to the table and always leave the session with a big AHA moment."

Liz H.

ABOUT EMMA

Emma Dewhurst is an accredited Transformational Life Coach dedicated to helping purpose-driven people achieve profound and lasting change.



EMMA DEWHURST

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ACCREDITED COACH

The coaching space she creates with each and every client is non-judgemental and safe, facilitating conversations which truly allow clients to take stock, gain clarity, identify and work with what's holding them back. She brings a unique combination of creative thinking, intuition, deep listening and warmth to her coaching and is unafraid to challenge where needed.

Before starting her own coaching business, Emma founded and ran WOW Kent, an award-winning arts magazine. She is also a professional actor with a long and varied career in theatre, TV and film.

Emma lives in Whitstable, Kent where she lives with her writer husband, teenage daughter and Alfie the cat.

YOUR TRANSFORMATIONAL JOURNEY

CLARITY Finally give yourself the time and space to hear yourself think

OUTCOME Feel a sense of relief as you set an overall goal for yourself as to what you want to achieve from our coaching conversations

FOCUS Agree a focus (theme/topic) for each and every session, to keep you on track to achieve your overall outcome or goal.

COMMUNICATION Experience creative conversations in a safe, non-judgemental space in which you can explore everything that is holding you back

PLAN Together we will identify the main insights from each session and create simple, do-able action steps to move you forward

SUPPORT Receive regular reviews, email summaries, accountability check-ins and handpicked resources to support you every step of your transformational journey

WORK WITH EMMA

TRANSFORMATIONAL COACHING

12 Week Program for Personal & Professional Change

- 12 weekly coaching calls of 1 hour via telephone or Zoom video
- Detailed summary of every call, with Main Insights & Action Steps
- Unlimited email support between sessions
- Handpicked resources to help you along your way
- Accountability check-ins between coaching calls via email
- One Tree Planted for every coaching hour you invest in

Your investment is \$990/£720 for the whole program, including everything above. Pay in full or in 3 x monthly instalments (no additional cost).

TESTIMONIALS

As a result of working with Emma, I gained immediate clarity about my next steps. [Reeam A.]

Emma is an amazing coach, I enjoyed every minute of our transformational journey. She kept me accountable, asked some very tough questions which helped me to move forward. She is very supportive and with her help I reached my goal. Highly recommend.
[Bettie H.]

I was in a safe space, where I could discuss what was holding me back without feeling uncomfortable or judged. Already I have started to challenge the negative inner critic in my head ... I am beginning to have new-found trust in myself, just from looking at where I have succeeded, rather than where I have failed. [Elle C.]

After every single one of our sessions I felt restored and ready to tackle the challenges that lay before me! [Cory K.]

The career plan was extremely helpful and it made me really understand what I want to achieve in the future when I thought I didn't know. [Sophie B.]

3 Ways to schedule a FREE 60 minute call with Emma

- 1 Schedule a call today [using this link](#). You can choose a date and time to suit you.
- 2 Text the word 'DISCOVERY' to +44 7947 567489. Emma will get back to you within 24 hrs
- 3 Email hello@emmadow.com to schedule your free 60 minute Discovery call