



Hannah Ray



# LET'S WORK TOGETHER



WORK + WELLBEING  
COACHING

H2 2024



**HOLDING SPACE FOR YOU  
TO TAKE OWNERSHIP OF  
YOUR VERSION  
OF SUCCESS**



H2 2024





# NEED TO KNOW

- In business since 2020
- Coached 150+ people, 600+ hours, from Europe, US and Australia, 1 to 1 and workshops
- ICF-accredited Personal + Professional Coach (*Barefoot Coaching, 2021*)
- Mental Health First Aider (2024)
- Specialise in our relationship with work and wellbeing
- Trained in CBT for Coaches (*Barefoot Coaching, 2022*)
- Holistic, therapeutic, practical, playful coaching style
- 400hr Yoga Therapist (*Stretch London, 2017 + 2020*)
- 12 years experience brand + business strategist (*ex-72andSunny, TBWA, St Luke's London*)

**Project Fearless**

SeaGoingGreen

Fastned

TONY'S  
CHOCOLONELY



Booking.com

CHANEL

IKEA

MOMENTUM  
The Fast Track to Entrepreneurship



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# CORPORATE COACHING PARTNERSHIPS

Hire me to coach your employees, with my signature 1:1 containers from 3 to 12 months.

We can arrange a partner deal:

- Employees can purchase one of my coaching packages using their L&D or training budget
- Discount can be arranged if 5+ employees enroll for coaching within 3-6 months
- Can work on retainer for a set number of sessions available to employees each month

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# DROP IN DAYS

Take a 'no-strings-attached' dose of coaching.

Hire me for a day of 6x 45-min sessions that your team can book.

Good for moments of significant change or disruption, or if you feel your employees could do with a check in so that they can stay on track and continue growing.

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# WELLBEING WORKSHOPS

*Are your people going through a meaningful moment of stress, growth, reorganisation, or celebration?*

*Running an event or conference?*

I give interactive workshops on topics like:

- Mindfulness, self care & stress management
- Balancing & owning your energy
- Re-aligning with your role & purpose
- Connecting with your voice & confidence

I offer a blend of group coaching, yoga therapy, and practical exercises they can take and use beyond the workshop.

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# TESTIMONIALS

I found Hannah to be thoughtful and considered in her approach. She's got a calm, serene energy but she's confident and self assured when working with the most senior of stakeholders. I've seen her facilitate workshops with the most garrulous crowd with authority and confidence.

## **ESMEE BROWN, HEAD OF N BROWN GROUP**

She's been an integral part of my support system and self care. Her approach is gentle and warm while still challenging me in the ways and moments I need it to move forward, make decisions or just remember to be a little kinder to myself. I have had several breakthrough moments with Hannah that have given me the strength to make tough decisions and take action.

## **KRISTA, LEADER + CREATIVE PRODUCER**

First of all, Hannah is an amazing person to talk to. She listens intently and actually hears what you have to say and does a great job of reframing it all in a way that brings clarity. I looked forward to each of our sessions because each time, she helped me understand the reasons behind what I thought I wanted. In turn, it helped me realize what I really needed to do vs what I thought I needed.

## **JESSICA, ENTREPRENEUR + BUSINESS OWNER**

My first journey into Life Coaching has been very insightful and enjoyable. Hannah helped me to explore a range of areas of my life which I have been curious about for a long time. The depth we went through in our sessions was much deeper than I was ever able to reach on my own, and I'm now more comfortable owning certain parts of myself.

## **BLAKE, FP + A MANAGER**





# LET'S GET STARTED

## SAY HELLO

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