



SIS WORK TOGETHER



WORK + WELLBEING COACHING

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



H2 2024



NSED TO KNOV

- 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)

M C M E N T U M 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







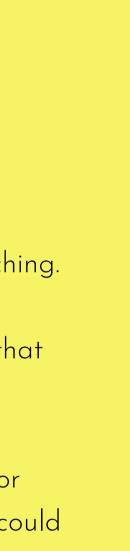
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DROP IN DAYS

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.







TSTIMONIALS

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.

My first journey into Life Coaching has been very insightful and enjoyable. Hannah helped me to 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.

JESSICA, ENTREPRENEUR + BUSINESS OWNER

BLAKE, FP + A MANAGER



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SAY HELLO

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