



COACHING & MENTORING

FROM £75 PER 90MIN SESSION

I AM HERE TO SHOW YOU EXACTLY WHAT I SEE: A BRILLIANT ENTREPRENEUR JUST DYING TO GET OUT THERE AND SHINE!

I'm that honest friend that goes with you to the pub, and says "let's unpack that. What do you REALLY want?!"

I'll show you exactly what your potential can feel like, until your life becomes your catwalk. I'll unravel those confusing and chaotic thoughts that are whizzing around in that magnificent brain of yours, and clarify them into exciting, innovative inspiration.

You want to feel good about sharing the very best of you into the world, shouting about that gorgeous business of yours but there's something holding you back.

Maybe it's fear of rejection by your audience or looking 'stupid', you feel lost finding something 'worthy' to say, or that you simply can't live up to the others you see around you.

"I found the session really valuable, it is precious thinking time. It makes such a difference having a good coach like Laura prompting you to gently articulate and solve the barriers you create in your mind"

I'll guide you through a reflection of your work, targets, hopes and dreams so that the noise fades away, and all that remains is the true light of your brilliance, shining through. I'll follow up with notes, ideas and resources that I think may help you.

My coaching style helps you to connect with your authentic brand, to help dispel these limiting factors, and allow you to start sharing the WHOLE of you that the world needs.

COACHING & MENTORING PACKAGES

1

Virtual Business Bestie

You'll get fortnightly 90min zoom calls, worksheets and journal prompts, access to my little black book AND unlimited email access for ongoing support.

£250 p/m

2

90 day Business Booster

This is a 3month kick up the bum and a fire under your ass. Kick start the quarter and set killer goals and intentions over a VIP working lunch, followed by 6 x fortnightly calls to keep you on track.

Round off with another VIP session to take stock and celebrate how far you've come!

£1299 or £450 x 3

3

VIP Business Mentor

I'm here to share my tips, contacts and enthusiasm to support you personally. Every month we'll start with a long working lunch to map out the month ahead, and I'll be with you on a call every week to keep you on track, advise and cheer you on. You'll get my personal line and unlimited email access so I can have your back every step of the way.

£550 p/m

MORE OPTIONS

Block booking packages, team sessions and VIP 1-2-1 days available
Just get in touch to discuss your specific ideas : laura@anchoranddash.com

Pair a mini shoot with a brand development coaching call to really get the ideas going.