

Louise Jefferies

COACHING



The name "Louise Jefferies" is written in a white, cursive script font on a solid green rectangular background.

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COACHING

I've been teaching business English for over 25 years and I understand the fears that introverts have about speaking up in English, particularly in front of colleagues that they respect and admire. The majority of individuals who come to me wanting to improve their English don't actually have an English problem, they have a confidence problem.

If you're a non-native English speaker, working in multinational teams and feel anxiety speaking English in front of your colleagues you can rest assured that this anxiety is completely normal. The fear of speaking publicly is estimated to affect around 75% of the population.

When you consider that these statistics are for native speakers its clear to see that speaking a foreign language within your team, or at an event, is considerably more daunting and stressful.

The good news is that your insecurities, self doubt and fear of making mistakes aren't impossible to overcome. Many of the people I work with find that once they start addressing their fears directly, they start to understand how and why their fears have come about. They also start to experience compassion for themselves and once this happens many of them in time actually start to enjoy communicating in English and the opportunities it brings them, not least of which being recognition for their skills and abilities.

So, if you've had enough of living with the tension and anxiety of speaking up in English at work and you're longing for the recognition that you both deserve and desire, book a free introductory call with me and let's get started!

LEARN MORE 

www.LOUISEJEFFERIES.COM

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INDIVIDUAL

Foundation

2-3 months online 475€

20 minute introductory call

3 x 60 coaching sessions

- All the elements of the standard package with half the number of sessions
- Sessions spaced according to your preference

Workshops

Full day from 1666 € inc MwSt

Half day from 833€ inc MwSt

- Max 15 participants online or in person.
- Group workshops tailor made to meet the needs of your organisation.
- Contact me to discuss your specific needs.

Standard

2-3 months online 1071€ inc MwSt

20 minute introductory call

6 x 60 coaching sessions

- Identify and face your fears
- Understand the origins and reasons for the fears
- Learn techniques to manage your fears
- Establish routines to reduce the chance of being triggered
- Develop strategies to help yourself in stressful situations
- Prepare yourself for upcoming meetings and presentations

Flash

30 minutes online 97,20€ inc MwSt

- Fast and focussed
- Deal with situations as they come up
- for existing clients only



COACHING

GROUPS

Combi courses

Group coaching

Monthly online 350€ pcm

1 x 30 minute introductory group call
1 x monthly 120 minute group coaching session
3 x monthly 90 minute group language sessions
WhatsApp group chat

The perfect combination of coaching to overcome your fear of criticism speaking English with your peers with language training to brush up on your grammar, build vocabulary and increase fluency.

Video download

Speaking Up In English For Introverts
11,90€ inc MwSt

Start by learning to understand your fear of speaking English with this short video course. Includes 3 exercises to understand your fears and take the first step towards breaking free of them.

6 months online 535,50€ inc MwSt

30 minute introductory group call
6 x monthly 120 minute group sessions
Facebook group support

In this intimate group setting of just 6 participants you'll learn to uncover and understand the fears that are negatively impacting your confidence to speak English in front of your peers. You'll get to develop and practice techniques for managing your fears within the safety and support of a group setting. You'll also receive tips and exercises and be able to stay connected and motivated via our members only Facebook/WhatsApp support group between the monthly sessions.



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TECHNIQUES

I use a variety of different coaching techniques that I've learnt during my training, however I don't use a fixed coaching model. I rely on my unique skill set; the impressions I get from you, my years of experience coaching and of course my own life experiences. Along with making you my focus, active listening and keeping you accountable some of the techniques I use are described below.

Parts-therapy

Parts-therapy belongs to a family of methods that helps people become aware of and communicate directly with their subconscious thoughts, feelings and beliefs. It basically helps you see, hear and feel what's going on inside and interact with that subconscious part to find answers to situations that you're in.

Core Transformation

Core Transformation Core transformation is a sort of interactive lead meditation between you and parts of your subconscious. You choose a feeling, behaviour or thought you'd like to change and I lead you through the 'meditation' asking you to choose what 'state' you'd like to 'feel or 'be in' rather than the one you're experiencing. It's a very relaxing yet powerful process that can help you identify and resolve blocks.

NLP

Neuro Linguistic Programming looks at how the language we use, influences the way we think and the results we get. NLP gives us insights into how our thinking patterns can affect every aspect of our lives.

Today it's used by professional athletes, and successful business men and women, performance and motivational coaches such as Tony Robins well as just regular people like you and me to basically live a better life.

Session Mapping

Session mapping is a process whereby I 'map' what you're telling me in a flow diagram as you speak to me. This allows you to visually and mentally link elements of the coaching topic and bring new clarity to the situation. After the session I email you the map to serve as a reminder of what we're covered and help you maintain focus until our next session.



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What happens next

My role as your coach is to support you in reaching your full potential. In order for us to figure out if we'd like to work together, we're going to have a conversation.

When you booked time with me in my calendar you were asked 3 questions to help us prepare for our session together.

If you didn't have time to answer them at the time of scheduling the call, you'll receive them again via email 48 hours before our appointment.

Please take a few minutes to answer the questions honestly. They help me understand what's going on for you right now, and help stimulate your thinking so that we can get started with making a difference straight away.

There's no charge for this conversation.

Please allow 30 minutes for us to chat

The focus of this conversation is you. You get to tell me more about what's going on for you and ask me any questions you may have about coaching with me.

If I can see that I can provide the support that you need, I will offer you the opportunity to become my client.

LEARN MORE 

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