

Mentoring with Emma

Supporting you to be the best coach you can be!

What is included?

- 10 x 1 hour mentor sessions (Zoom, Teams or WhatsApp Video Call)
- Focus on ICF competencies
- Review of selected recordings and feedback provided
- Email and WhatsApp contact and support between sessions if required
- From £1,500.00



Am I the right mentor coach for you?

- I am MCC with the ICF
- Trained as a Co-active Coach (was CTI)
- Certified Positive Intelligence Coach
- I coach from the heart, human to human
- Can be playful in my approach
- Have deep empathy
- Can be direct
- Can be tough (delivered with kindness)
- Will challenge robustly and make you feel uncomfortable (in service of you)
- Will believe in you more than you do
- Over 16 years coaching experience
- BSc in Combined Social Science with Criminology
- Studying towards a Masters (MSc) in Psychology
- Run my own private coaching practice
- Also founded and run my own social enterprise
- Personal experience of childhood trauma and domestic abuse
- Love to travel
- Sea swimmer
- Nature and animal lover
- Work remotely
- Currently based in the UK
- Big Norwich City Fan!

www.emmaroache.com



Emma Roache
Helping You Be Happier