

8 week

Empowering Life & Business Reset



sarahpittendrigh.com

*Inspirational Speaker and
Life and Business Mentor to
Women in Business.*

Sarah Pittendrigh

I'm Sarah Pittendrigh, a proud mum, a multi-award winning entrepreneur and franchisor, and an Ambassador for Everywoman.

In my role as a Life & Business Coach I work with Female Entrepreneurs and executives who need support to get unstuck and identify and overcome any self-limiting beliefs that may be holding them back from pushing their meaningful goals over the line.

Using my 25 years experience in business as a multiple founder and high performing entrepreneur, I help my clients to reconnect with their why, their self-confidence, get back on "their to do list", build a growth mindset and write a strategic plan that will bring their goals to them without causing overwhelm.



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The Reset

Staying stuck is frustrating and can ultimately cost you in time, energy and money, none I am sure you would wish to waste?

I am here to support and guide you by using my extensive knowledge and hindsight harvested through the decades as a Board Director, Mum, Multiple Founder, Franchisor and now Author, Podcast Host and Motivational Speaker.



This is an opportunity for you to speak freely within a confidential and safe environment about how you are really feeling, to discuss what you don't want and create a plan to achieve what you really want from your life and business.

An opportunity for you to off load and release the pressure valve knowing I am here with the knowledge and ability to support you. An opportunity for you to ask all the questions that can help you to slow down your whirring thoughts and allow you to gain the clarity you need to make informed decisions for your future.

This isn't just a programme to breakthrough challenges, but also an opportunity to create a plan to help you set and realise your ambitious goals or to use as a framework to consider opportunities that are presenting themselves to you.

The aspiration behind all of my coaching programmes is to help you realise your potential and fulfil your purpose, so you can live a life you love, a life you deserve.



I am a mum, a cancer survivor, and a highly experienced multi award winning 7 figure entrepreneur. I completely understand the complexities of running a business and juggling life.

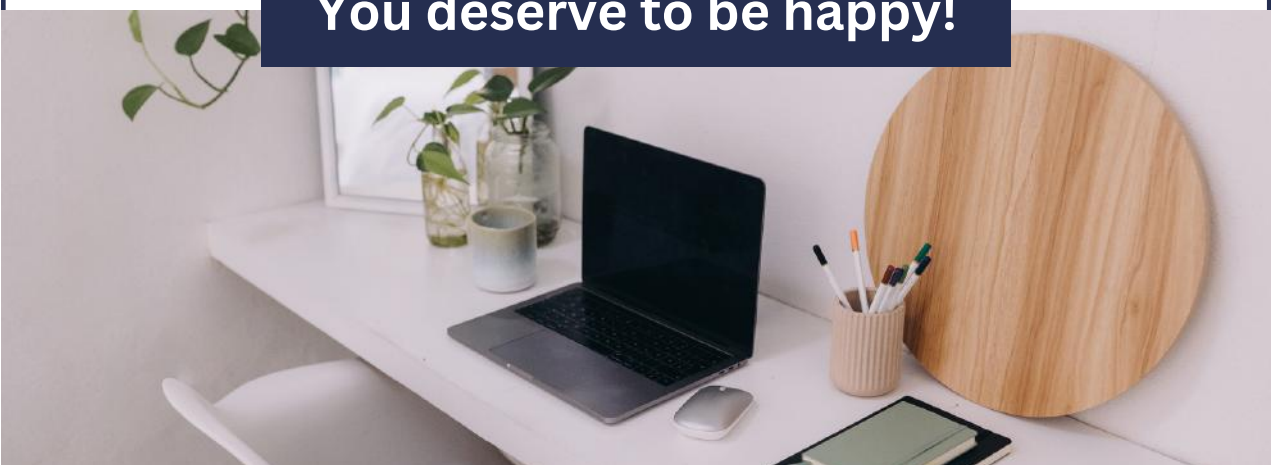
Lean on me and my wealth of experience and allow me to help you to breakthrough your challenges and dust off the goals you potentially thought were lost.

It is time to put yourself at the top of your to do list!

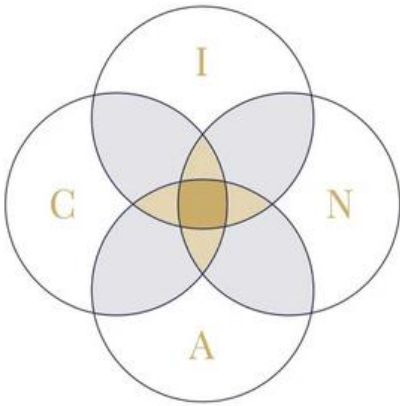
“You are never too old and it is never too late to design a life you love!”

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You deserve to be happy!

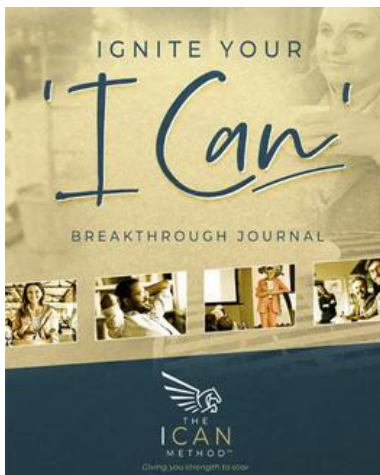


The 'I Can' Method



The I CAN Method is a success ladder of 4 empowering steps, Ignite, Clarify, Action and Nurture. Within each step there are well thought out questions and exercises that I have curated using my own lived experience, to help you to think on a deeper and broader level.

[LEARN MORE ABOUT THE I CAN METHOD](#)



Also supporting you during your coaching sessions will be your **"Ignite Your I CAN"** Breakthrough Journal where I have carefully curated questions to help you think on a deeper and broader level, questions that will produce light bulb moments of "why didn't I think of that?"

[BUY PAPERBACK JOURNAL ONLINE](#)

Most importantly I am here to lead you through the whole process offering you my hindsight to use as your foresight.

Upon completion of our time together the aim is for you to leave armed with clarity, a newfound focus, energy, positivity, confidence and a strategic plan that will help you push those meaningful goals over the line.

Many of my previous clients have quoted "life changing" I hope you will too.

[READ THEIR TESTIMONIALS HERE.](#)

Programme Details

- ✔ 8 week Life and Business Coaching Programme | Four weeks of 121 time with me over video call/face to face with each session lasting 120 minutes alternating with four weeks of reflective and implementation journal work of the goals we set during each coaching session | You can bolt on further accountability sessions should you wish.
- ✔ Summary 4 x 121 coaching sessions with me either over video call or face to face each lasting 120 minutes
- ✔ Four weeks of reflective / implementation work using your "Ignite Your I CAN" breakthrough journal where you will have recorded your notes and action required from each session.
- ✔ I have specifically structured the programme to alternate over the weeks, to allow you 2 weeks in between each session to implement the learning and the action we have set, as I totally understand you also have a business and life to run. I do not want you to feel overwhelmed and pressured during this programme. You will also have email and WhatsApp access to me for the duration of the programme.

**Book your free
and confidential
discovery call
here today.**

£1,800

CONTACT TO BOOK: [SARHPITTENDRIGH.COM](https://sarahpittendrigh.com)