

Group Coaching



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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Group Coaching

An empowering Mastermind coaching programme of no more than 5 attendees, working with likeminded peers, guided and supported by me on your 8 week empowering journey.



My group coaching programme is designed to help female entrepreneurs maintain or reclaim their growth mindset and deliver their most ambitious and meaningful goals.

Whether you have big personal goals you wish to hit or ambitious plans to realise in your business, to do this you need to create space for big picture thinking, you need to untangle any roots of self-limiting beliefs and most importantly you need a good return on investment of your time to ensure you have the energy to drive your goals forward.

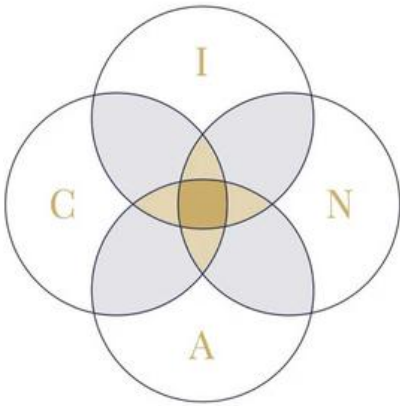
This is a supportive setting following Chatham House rules, what is said in group, stays in group.



Life is too short to stay stuck!

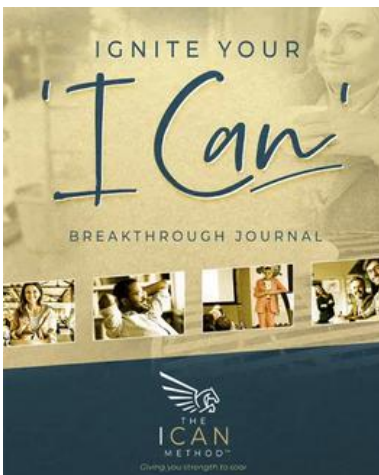
You are never too old and it is never too late to realise your goals and ambitions!

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

- ✓ Duration of "Ignite your I CAN" Group Coaching session is 8 weeks.
- ✓ Alternating over 8 weeks - 4 in group sessions of 120 minutes each over video call.
- ✓ Alternating 4 sessions with your "Ignite Your I CAN" breakthrough journal, to implement the action and learning from your group session.
- ✓ Not just an opportunity for you to learn from me your coach, but also from your peers. This is a wonderful space to collaborate and hold each other accountable for your goals. There's nothing like gentle peer pressure to push you forwards.
- ✓ Coming together in a group will give you access to different view points and approaches to problem solve.
- ✓ You have the opportunity to extend your network with likeminded people, people who understand you and your journey.

£595 - Contact to Book

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