

Quantum E-Coaching



Coaching by Email

Once you know where you want to start, then we'll have a place to go.

Quantum E-Coaching

A flexible coaching approach for busy people on the go or who cannot get to regular coaching sessions.

For some people, the written word is the way they think....

Accessible from anywhere in the world.

Key Benefits

- Convenient - no meetings - work at your own pace
- Low pressure and relaxed
- Think things through at your leisure
- Cost effective – book for a week or a month
- Ideal for ‘auditory’ people *



* An ‘auditory’ person is someone who, in NLP (Neuro Linguistic Programming) terms, likes to have time to ponder what they want to say and to digest what has been said before they reply. They like to read and re-read text to extract the meaning from it. This process of reading and writing helps them to fully understand and gain new insights.

E-Coaching explained

There is no 'one-size-fits-all' in Quantum coaching, so what we do depends on you and your own goals. However, E-Coaching generally follows the path of your coach setting you reflective exercises, followed by email discussions of your answers. Any obstacles arising are removed so that you can continue to move forward towards achieving your goal. At Quantum we have a great

toolbox that will help you keep positive, focused and motivated.

You and your coach will interact regularly as in our other coaching approaches, going through the same process as if you were meeting and speaking with your coach on the phone. Together you will come up with a plan that works the best for you.

Affordable Coaching

Quantum E-Coaching costs just £250 a month (for up to 30 emails). We guarantee to reply to you within 2 business days, but in most cases this will be sooner.

If you're not sure whether E-Coaching is definitely for you, why not try it for a week. Pay just £75 for 6 email sessions. It's a great way to dip your toe in the water and find out how coaching can bring lasting benefits to

your personal and professional life. You can always upgrade to the monthly fee at any time during the week's trial to benefit from the additional email sessions the monthly scheme brings.

If you are interested in Quantum E-Coaching drop us a line at enquiries@qccgroup.com or give us a ring on 0044 207 193 1055.



Contact us to discuss how Quantum E-Coaching can help you achieve your goals.

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