

THE GRIP PROCESS



2 You Choose
Select the right GRIP service for you:
- Individual coaching
- Group coaching
- Training



1 Let's Chat
An informal, no obligation conversation to better understand one another and your requirements



3 Let's Go!
Time to commit on paper and agree the objectives, and intended outcomes, from working together



4 Launch
We work together to design and agree the required content and experience that best suits you before we begin



6 Review
Time to check in on progress and your experience. What more is needed? What can be changed? What can be even better?



5 We're Live!
Sessions take place as agreed



7 Conclude
Time to finish our time together and share what has been achieved, what has gone well, and what can be improved

