



***Anni Tuffnell***

Transformational Coaching Services

***Lets Work Together***

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# About Anni



My name is **Anni Tuffnell**, and I empower and support women who are itching for change in their lives, feeling it's time to make the change or transition they know that would bring them satisfaction, joy, confidence & empowerment.

Within my coaching consultancy I also work with both women & men seeking career change and support during restructuring, redundancy including those accepting compromise agreements and those of you who know you don't want a typical retirement.

Transformational Life & Career Coaching provides a secure confidential process to enable you to gain clarity insights and the confidence needed to make changes that you will benefit from.

Sessions are one-to-one, via zoom or in person (location dependent) and you'll have access to workbooks and recordings.

With an abundance of life and career change skills honed in both the corporate workplace and the university of life I am ready and well-prepared to support you, having experienced many of the events that happen in life and come out the other side.

You are unique and deserve the best which includes me supporting you on your amazing journey!

NLP Master Practitioner | Experienced HR change expert & specialist Autistic Spectrum coach, I also teach Primordial Sound Meditation and am certified by the Chopra Institute.

## Offering a range of coaching services and supportive complimentary interventions

**One to One Coaching** designed to take you to the next stage in your life and work.

Book one of my Power Bust-Through Sessions to take the first steps towards the change you want to make, this is your first single step

- Career Change or Shift
- Life & Relationship Change
- Redundancy Exit Strategy and Support
- Create your Best Retirement



### Benefits of working with me include

- Enhanced clarity on your key goals so that you can begin to take the steps towards achieving the bigger goals, like career change, job shifts, starting a business, leaving a relationship
- Being able to create a forward plan to become unstuck, so that you can take small steps
- Working on refining your mindset for success
- You will begin to identify issues holding you back that are likely hidden within the subconscious
- Being able to start a new project with confidence
- Deciding how you can move on from a difficult job or relationship

**Book your Power Bust -Through Session - £99.00**

# Work with me for longer There are Transformational Programmes available

## 4 Session Programme Transitions - The Clarity Confidence Connection

4 one to one sessions - 75-minute calls to work through your current situation to develop your successful blueprint for transformation

Each session focuses on the 4 core elements of developing your inner strength and overcoming subconscious blocks to your success, overcome fear, anxiety, frustration and the struggle that comes with doing this alone

This is for you if you are:

- Changing career or seeking change in your work life
- Shell shocked from Redundancy
- Stinging from a Compromise Agreement
- Grieving from a Relationship break up
- Resenting a Business Partner split
- Lost in which direction to go approaching Retirement



*"It Helps to Have Support  
on Your Journey"*

Anni

## Regaining Your Self Worth

There are times in our lives when changes take place which we feel are out of our control. The solution is to take back control and move on to a positive brighter future.

The 4 coaching sessions are bespoke to your journey, and goals. Broadly the 4 sessions combine to provide a powerful pathway to change and achievement of your identified goals & outcomes.

Session 1 – Review: We look at where you are now and where you would rather be.

Session 2 – Reflect: What do we need to call upon to make this happen?

Session 3 – Plan: Putting the changes in place ensuring they are achievable

Session 4 – Progression: What's working? We review progress and identify your wins & achievements.

At the end of the 4 sessions you will have progressed a long way in a short time, working towards your goals & outcomes to make positive change in your life.

Want to go deeper? Option to continue your sessions by adding on single sessions, or book a further 4 sessions ( Transitions to Transformation)

Alternatively you may wish to dive into the 7 Steps programme on the next page to work more deeply and achieve your final goals over a longer timeframe.

**Book your discovery call, to find out how this may help you -**

**4 Session Transitions programme - £597**

**installment plans available**



## It Helps To have Support on your journey

### **Signature Programme - Transformation - 7 Leaps of Faith to Successfully Transform your Life**

The 7 steps programme is designed to take you through each session with purpose & intent to achieve the changes you want in your life & / or work

7 one to one 60-minute calls, this programme can commence with an in person session (subject to location) and follows with 6 x 60 minute calls

In this deeper transformational programme, you have the option to work over 7 / 14 or 21 weeks with me.

Incorporated into this programme alongside your coaching calls, you will have access to meditation techniques to guide you to a place of calm and clarity within.

Your identity - who are you becoming, what needs to change? Where is the fear?

Your passions, purpose, relationships, self-esteem, self-confidence.

How to make confident changes.

Support you in the transitional stages.

Reflection and an understanding of who you really are is an important stage to go through, when what may be a life changing event takes you by surprise or creeps up on you. It may be a Redundancy, Compromise Agreement, Career Change, Retirement, or a Relationship Breakup even physical loss.

# "What If I Knew Then What I Know Now?"

## So what does this mean?

### Session 1 -

We will look at all your achievements to-date. We all have them, however when we are feeling low and our self-esteem has been shattered it is hard to remember. We will remember together. In doing this exercise we restore your self-esteem and confidence.

### Session 2 -

We will also look at what has always driven you through life. What motivates you? Why do you get out of bed in the morning? This too will have taken a knock and we will reflect and bring forward those positive feelings and emotions to restore your motivation.

### Session 3 -

And then we will look at what was it in the past that was holding you back and why? Same things still? We will explore. We will look at where you looked for support and why and how this worked for you. In retrospect did it?

### Session 4 -

We will look at your true values and ethics, not others but yours! We have a tendency to inherit other peoples. The ones who have influenced us in our lives growing up.

### Session 5 -

And very importantly we will look at your boundaries. Have you any? Let's do an audit, review those in place and consider adding some new ones.

### Session 6 -

What about your Tribe? What do I mean by this? Your people. Your friends, influencers, motivators even family members. We will look at how they serve you. Yes. Do they merit being in your Tribe?

### Session 7 -

We will review the previous Sessions identifying your progress and then we look at accountability. What still needs to be done. Where is the evidence there has been a positive change towards the chosen goal.

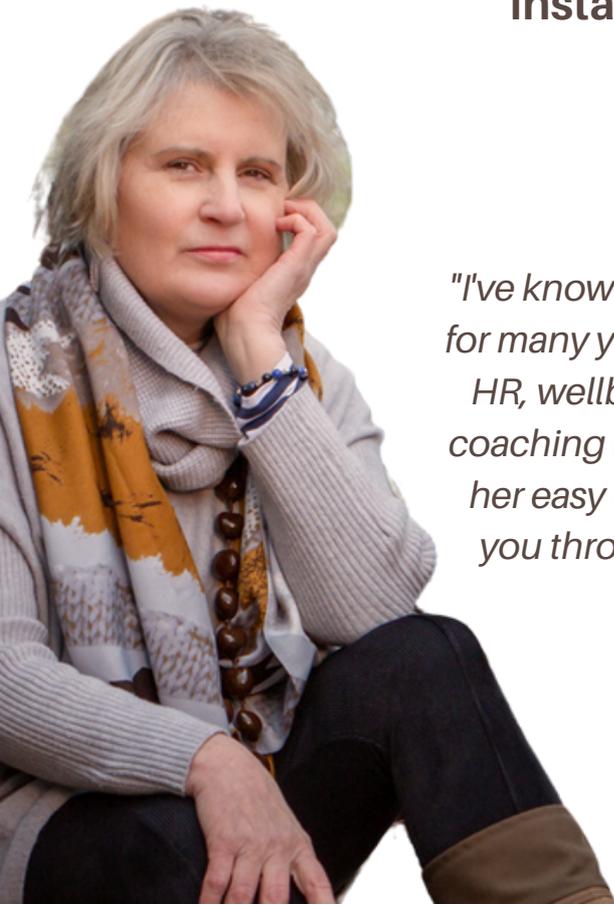
## Let's Talk Strategy

In exploring these areas we will create a new strong and sturdy foundation for new opportunities, new goals. Excitement, energetic vitality in mood and motivation to take you forward.

We will shed light on the shadows and clean up. Dust you down and give your life a healthy rounded makeover.

All of the above will be addressed and reviewed on going during the course of the 7 Sessions.

**Book your discovery call, to find out how this may help you**  
**£1397**  
**installment plans available**



*"I've known Anni as wellbeing professional coach and HR expert for many years. She is extremely knowledgeable around staffing, HR, wellbeing and performance management and one to one coaching best practices. Her open approach and warmth makes her easy to work with. If you are looking for a coach to support you through a time of change and transition she is fabulous."*

— Sheree  
Sales Strategist



Do you love being part of a group  
something bigger than you?

**Small group coaching programme's, for those who love learning and growing with others alongside , I offer a signature group programme**

Transform your Future - Phoenix Rising  
Coming soon! A small Group Programme.

This is designed to help you as a member of a small select group to access your future dreams and bring them to life.

This programme will reflect all of the content of the 1:1 programme and more.

What is holding you back?

What do you wish for your future?

What do you need to move forward?

All of us have aspirations, dreams of what we wish to accomplish and sadly there are periods in our lives when these get crushed, even buried by negative attitudes around us saying it's a crazy idea, we are not capable, it's not a career that is sustainable and more.

This group is an opportunity, a safe space to explore, dig up and dust off those wonderful ideas you have as these are what dreams are made of!

Join me and your fellow travelers on a journey of discovery to a brighter, more fulfilling future!

The clients who sign up for this group will be specially screened in order to confirm suitability`

Spaces will be limited to 6 people maximum

## Services Recap

### One to One Coaching

designed to take you to the next stage in your life and work.

Book one of my Power Bust-Through Sessions to take the first steps towards the change you want to make. (60 Minutes)

**£99.00**

Book one of my Power Bust-Through Plus Sessions, where in 90 minutes we will dig deeper and forge ahead to achieve the beginning of a life changing breakthrough.

**£219.00**

4 Session Confidence Programme  
Transitions - The Clarity Confidence Connection

**£597**

Signature Success Programme  
Transformation - 7 Leaps of Faith to Successfully Transform your Life

**£1397**

Small group coaching  
programme's, for those who love learning and growing with others alongside,  
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**BOOK A  
DISCOVERY  
CALL  
TODAY**

**[Click here](#)**



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## Testimonials from my clients



*"I met Anni Tuffnell at a networking event, and chose to have a one-off Power Bust through coaching session with her. I had no experience of life coaching and no idea about what to expect, but Anni immediately put me at ease.*

*Her calming approach and visualisation technique enabled me to tap into my deeper thoughts and feelings in a way I didn't expect. I would recommend this process to anyone who is unsure of their next step, be that in their career or personal life. This process could help to decipher what you*

*really want, and start to think about how to achieve that.*

*An incredibly positive experience."*

**( Louise, - career change & transition client)**

*"Love the way that Anni combines coaching and meditation as it seems to take the healing to the next level. Working with Anni enabled me to highlight the things that were holding me back and grow.*

*Thank you!"*

**( Sarah - Power Bust through business breakthrough client)**

