

‘I feel so much more at ease with myself’



COACHING FOR MEANING

A personal coaching programme focussed on revitalising your life of meaning and purpose.

From time to time your life can seem meaningless, without purpose and empty. You feel you are not living life to the full or making a difference in the world that you can be proud of.

These episodes often coincide with turning points in your life.

Listlessness, boredom and lack of direction become common.

Today's tremendous social and economic pressures seem overwhelming and insoluble. You may even find yourself responding more frequently to hollow commercial promotions that promise to make your life more meaningful.

Most of us experience such "existential vacuums" during our lives. Fortunately, with help, you can turn these round and limit their impact.

At Project Sophia we deliver a structured and grounded coaching programme to revitalise your life with meaning and purpose.

We believe meaning is found by taking action for the benefit of others, so we coach you to become a change maker empowered to find meaning by making a difference in the world.

With our help, you can wake up in the morning after a night's sleep uninterrupted by stress and know that by tonight you will be telling your friends about the financially and emotionally rewarding day you had creating great change in the lives of others.

Create change | Make a difference | Recover meaning

About you, your challenges and our solution

why are you here?



Sometimes life stalls. You find yourself living without meaning or purpose. This often happens at certain points in your life, such as:

- When your children leave the nest
- When you face redundancy or retirement
- After a failed relationship
- During or after a personal crisis
- On the death of a parent or partner
- When debilitating injury or illness strikes

In addition, local or global events can leave you in an 'existential vacuum'. At such times, questions such as "Who am I?" "Why am I here?" and "Where is the meaning?" don't have ready answers.

It's not a good place to be and you realise you want to reset your life. However, you are probably already aware of the challenges such as your perceived low self-esteem, a fragile financial situation and relationships under strain. It's hardly surprising if you don't even know where to begin.

A conversation with us could be a good start point!

our Coaching Programme

Clients benefit from coaching on a regular basis. However, we ask that you book a single initial coaching meeting before you book your first standard set of six sessions.

The initial coaching meeting

The programme always starts with a stand-alone exploratory coaching session. This provides an opportunity for you to brief and get to know your coach, enabling us to decide if further coaching is appropriate.

Coaching also takes place and the session is likely to provide you with greater clarity around your challenges.

The main programme

Thereafter, we coach you in tranches of six sessions. You choose the frequency of sessions. When you first appoint us we will agree a set day and time for your coaching session, and whenever possible this becomes your dedicated slot.

Coaching takes place over Zoom on Mondays from 16:00 to 19:00 and on Tuesdays, Wednesdays and Thursdays between 09:00 and 14:00 (UK time). Coaching sessions always start on the hour and last 50 minutes.

Payment, booking, cancellation & postponement

Please book and pay for all your coaching sessions at <https://my.crazyforchange.com/offers/oWzUbT4x>

Payment in full is due in advance of the first session and is made through My Crazy for Change. The cost is

- £150 for the initial meeting
- £900 for six standard sessions.

A full refund will be made for the cancellation of a tranche if made more than 72 hours in advance of the first session. Cancellations of less than 72 hours are payable in full and not carried over.

Sessions can be postponed and carried forward for up to 12 months from the initial session.

Managing your coaching

When you join us you will create an account on My Crazy for Change. Here you can add agenda items, make private notes on your sessions, write and share notes with your coach, add files or links, find additional resources and exercises and raise questions or queries.

Bonuses

We believe you will also benefit from our courses, resources and community and we provide free access to these for a year from the time you book any tranche of standard coaching sessions.

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About Coaching with Project Sophia Ltd

why Coaching?



You may have already experienced coaching to improve your performance at work, on the sports field or in the gym. Similarly, our coaching aims to revitalise the meaning and purpose of your life. We are "skilled helpers", here to help you to change and grow

The agenda for each coaching session is for you to choose. Unsurprisingly, most issues chosen by clients have a bearing on the meaning and purpose in their lives.

our approaches

We use different approaches at different stages of the coaching cycle.

- We will stand by you, celebrate your achievements and listen to you.
- We will ask questions to aid self-discovery, generate options, and hold you accountable
- We will explore the painful experiences and limiting beliefs that hold you back.
- We will, occasionally, provide our own views and experiences to help your learning and growth or identify resources and support to help you.

our aids to growth

We may use any or all of the following in our coaching:

- Stories: your stories are you and we will explore them with you to find your true self
- Conversations: conversation changes lives
- Reflection: a conversation with yourself
- Relationship: we encourage you to create a relationship with us and use it for your growth
- Habits: kick the bad, replace with the good

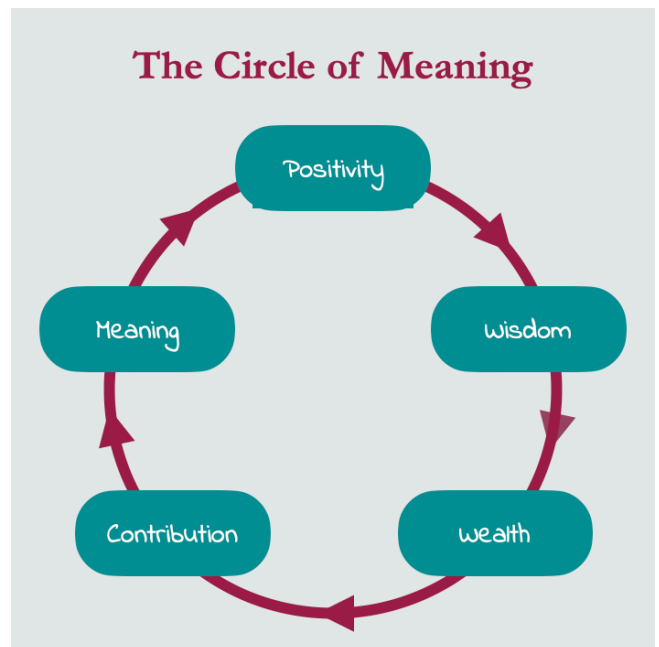
we are not...

...advisers. The solutions to your challenges lie within you. It is our job to help you discover and implement those solutions.

... councillors or therapists, whose concern is with your past experiences, whilst we as coaches focus on moving forward, new insights and overcoming challenges.

The Circle of Meaning

We believe your life is most meaningful when you act to make a difference to others. Change is therefore essential, and our coaching will help you become a change maker, proficient at creating change in yourself and in others.



- Adopt a positive mindset
- Get wise about who you are
- Grow your resilience and "wealth"
- Contribute your "wealth" and bring about change
- Make a meaningful difference
- Be more happy and more positive

As you can see we have curated a number of disciplines and strategies and combined them, following the Transtheoretical Model of Change, into a logical and grounded process that is accessible to all. Coaching will help and accelerate the process.

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About us

WE PROVIDE COACHING AND TRAINING TO TRANSFORM THE FRUSTRATED AND DOWNHEARTED INTO CHANGE MAKERS WHO FIND MEANING AND FULFILMENT BY MAKING THE WORLD A BETTER PLACE FOR OTHERS

Our promise to you

Do you dream of a life that is fulfilled and wholehearted? Wouldn't it be great to be able to wake up in the morning after a night's sleep uninterrupted by stress and know that by the evening you will be telling your friends about the financially and emotionally rewarding day you had creating great change.

Yet you are afraid of the economic and social consequences of change, and you don't understand yourself well enough to make the leap. You are confused and don't know how to move forward.

Yet it's achievable. At Crazy for Change we give you the coaching, and support you need to get there.

About Jeremy Deedes

Jeremy spent 30 years in financial services before relinquishing his authorisation to provide financial advice and founding Crazy for Change in 2016.



During the 1991 recession he suffered a humiliating personal and financial crisis. However, the experience gave rise to the powerful insights that shaped his career and persuaded him to focus on his client's relationship with money.

His clients welcomed his life coaching approach to financial services. Today he is passionate about coaching clients to renew or revitalise their sense of meaning and purpose.

Jeremy is a member of the International Coach Federation and holds a Certificate in Business and Personal Coaching from the University of Chester.

What our clients say

For over 30 years clients have been talking about the impact of working with Jeremy. Here is a selection of those comments:

'We are making great changes to our lives for the better. We could not, and probably would not, have done it without you.'

'For all the years that I have known you, not only have you looked after our finances but have also been a jolly good friend to me. You have heard my worries, also my tears and for that I will always be grateful to you.'

'What I really like so much about you, is the way you always explain things to (us) in a very simple way so that we take it all on board.'

'I am very grateful for all you do for my family.'

(Original testimonials available to view on request at our offices.)

Take your next steps to a fulfilled life

Find out more about us

- Visit our website at [crazyforchange.com](https://www.crazyforchange.com)
- Subscribe to our email list and get your free copy of the Crazy for Change ebook at my.crazyforchange.com/book
- Buy our products and services at my.crazyforchange.com/store
- Read our privacy policy, T&Cs and corporate information at projectsophialtd.co.uk/legal

Get in touch with us

- Call us on **+44 (0) 1 439 770 105** to talk about how coaching can revitalise the meaning and purpose of your life
- Email us on all@projectsophialtd.co.uk
- Book and initial coaching session with Jeremy Deedes at <https://shrtm.nu/ag8o>

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