

## **SME Business Coaching Programme: Sole Trader / Small Business Owner**

### **An 8-Session programme**

#### Session 1 (2 hours) – Business Overview – Where we are now?

- History behind the business
- Where is the business now / what has been achieved so far?

#### Session 2 (2 hours) – Moving Forward

- Setting business goals – what do you want to achieve?
- Where do you want to be in 3-6 months / 1 year / 5 years?
- What obstacles are standing in the way - what is stopping the business from succeeding?

#### Sessions 3 – 7 (1 hour each) – YOU and the Business

Now we have looked at the business, this is a great opportunity for you to understand more about your fit within YOUR business and how you can be the best version of yourself to support the growth of YOUR business. These six sessions will take a closer look at you as the leader of the ship and help you set and achieve your own individual goals:

- Your passion and purpose
- Your strengths and weaknesses
- Your ambitions and motivations
- Your leadership skills
- Your emotional well-being
- Your work/life balance

#### Session 8 (1 hour) – Bringing it Together

- What does the future of your business look like now?
- How are you going to sustain and maintain this growth?
- Key learnings from this process