



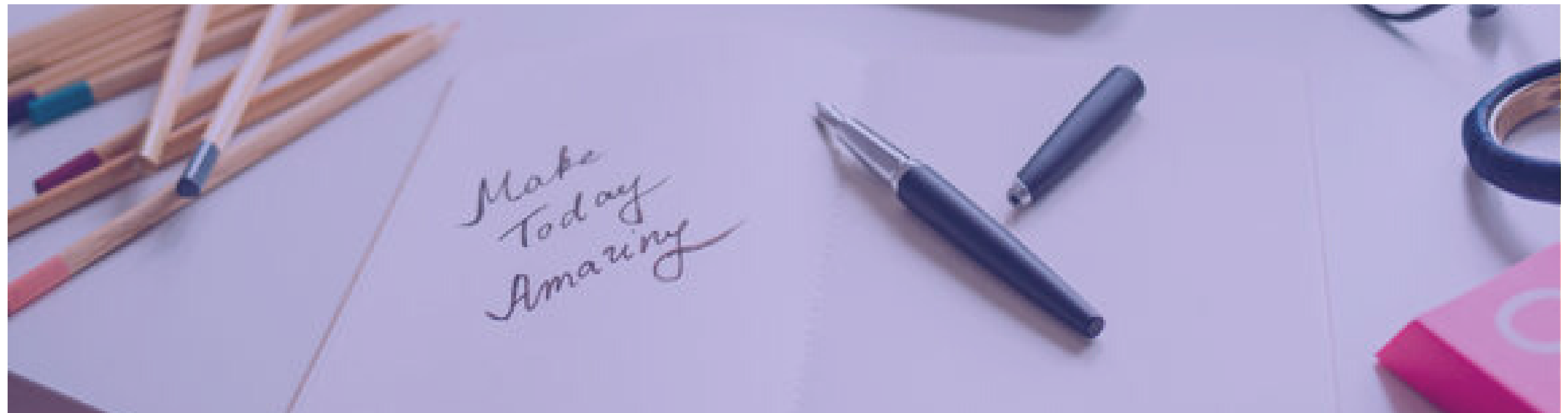
Coaching Packages

NINA
STEPHENSON-
CAMPS

ENROLLING PRIVATE CLIENTS FOR SPRING 2021

Traditionally I have worked with people in the creative industries, however, my work isn't limited to that sphere.

Private coaching is another way in which I can support you to get from where you are, to where you want to be.



I work with clients who are seeking powerful progress in their professional and personal lives - whether it's nailing your purpose, that promotion, refreshing your outlook or mapping your path to a new career - the packages I create are bespoke, effective and transformational.

My approach is practical and soulful and I work with clients in a bespoke way, however two of my signature programs include an immersive, highly supportive transformational experience and a fast action plan for when change can't wait.





THE SIX MONTH SHIFT

The Transformational Programme

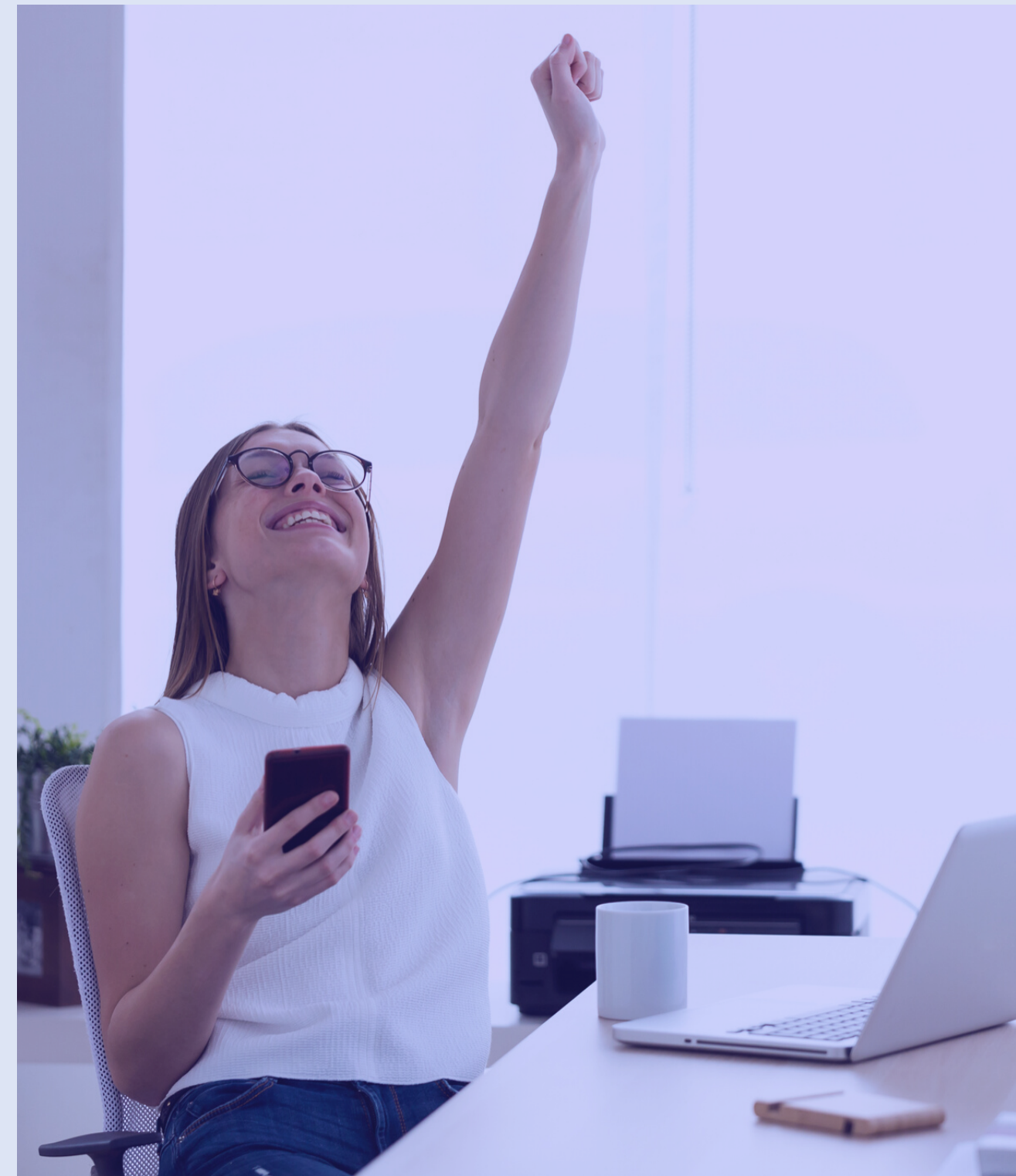
The transformational program is known as the 'Six Month Shift' - it's a deep dive where you'll be fully supported over time during your journey. That's not to say there won't be homework of accountability as I can't do it for you, but it gives you the space and time to explore what you want to and achieve the type of change that sticks

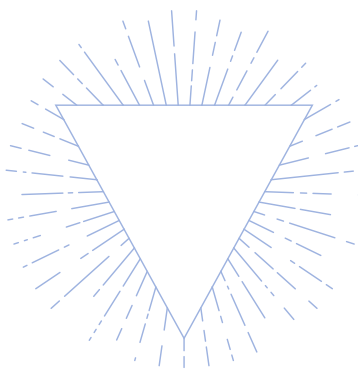


THE FAST ACTION PLAN

Change That Can't Wait

The 'Fast Action Plan' is for when change can't wait, when there's one area or question that needs attention, you feel an urgency or just need to get it done - this is for you if you want to challenge yourself and achieve - it's super measurable.



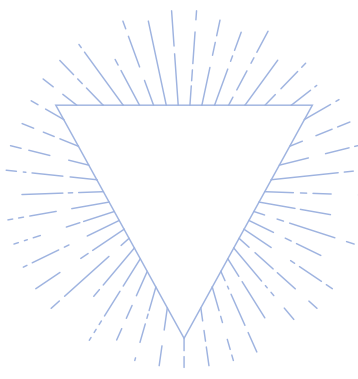


THE SIX MONTH SHIFT

This is all about your transformation....

So, where are you right now? You might be circling c-suite not sure of your next steps or you may have come to the pinnacle in your career and you're not sure where to go from here. You might be returning from mat leave with a swirl of emotions and ambitions which you want to crystallise or your maybe swirling in a whirl of deadlines, pitches, forecasts, campaigns and team dynamics all while WFH, unsure as to how you're going to navigate the 'new normal' and more social interaction when it arrives.





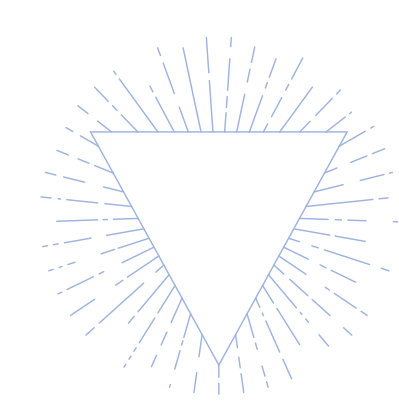
THE SIX MONTH SHIFT

This is all about your transformation....

This is for you if you're seeking to truly level up your game, it requires focus and commitment and an ability to laugh (it's important to have fun on this journey). We'll meet every fortnight where we'll review the actions you've taken towards your goals, unpick any behaviour/thinking that might be holding you back, create new ways to live the life you're seeking to live.

Expect to be gently challenged but at the same time I'll be your biggest cheerleader. Together, we'll collaborate to define and hone your goals. So whether you're pinging me before an insta live for confidence techniques or unpacking imposter syndrome, whether we're creating the best approach to ask for that job or devising an action plan to help you handle a tricky client/colleague or if you're seeking to determine your purpose, I'll be with you every step of the way.

Sessions will be energising, deep, baked in practical (yet soulful) approaches. You'll hone your intuitive skills, dissolve any thinking which is preventing you from being your best self setting. Ultimately you'll transform yourself and fly into your future, gleaming.




THE SIX MONTH SHIFT

Examples of when this is the right route include

Recognising a repeating thought pattern and behaviour when it comes to managing your global CEO which leads to an 'aha' moment, a conscious commitment to changing your thought patterns and a breakthrough in your working relationship.

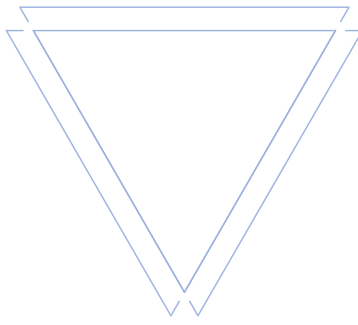
You're spinning many plates, your FD is looking to you for a spike in revenue, your teams require more attention to help them manage their anxiety after lockdown and your creative director is on the hook to deliver a brand campaign that wow your customers. It's all going on. Pings ping, inbox flooded and yet there you are calm, focused, productive, managing curve balls with grace and ease.

Getting that promotion - the one you've coveted for years but kept suffering from imposter syndrome around. Good-bye Imposter Syndrome. Hello a level up in confidence you didn't realise was possible....until now!



"Nina manages to combine encouraging and inspiring you to realise everything's possible whilst also understanding that people need practical help to keep this front of mind when in the throes of everyday life. Nina is warm, compassionate and patient and our meets are one of the most treasured elements of my week."

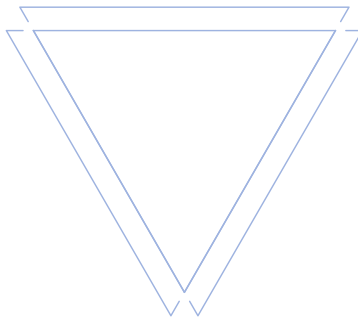
CLAIRE D, LONDON



THE FAST ACTION PLAN

I get it, you're frustrated - you're after clarity, an action plan to take a step forward on your chosen path. A path which is clearly defined but with the flexibility and openness to pivot and meet unexpected opportunities when they arise. This is where I come in.



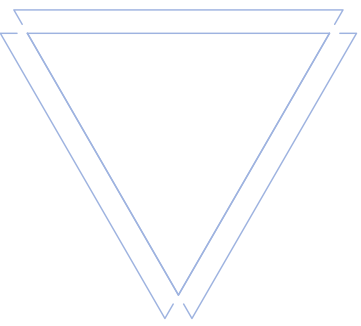


THE FAST ACTION PLAN

We'll spend four hours together, reviewing your completed questionnaire, unpacking your objectives, setting your goals and creating your unique plan.

Expect to be immersed in mindset modalities, performance coaching techniques and approaches which consider the 'whole you' (mind, body, spirit) so you can achieve your potential.

This plan is super quantifiable - we agree on a clear objective from the outset and our time together is spent lifting the bonnet on any behaviours/thought processes which might be blocking your progress, gaining clarity on your goals and hatching a plan to achieve them.




THE FAST ACTION PLAN

Examples of when this is the right route include

You recognise you need to change how you approach your work/life balance and now you have a realistic plan which is workable, you're following it and you're thriving in all areas of your life.

You've experienced a super tough year/campaign/job role and you're now able to integrate the experience rather than trying to blot it out. You can see how the situation has worked for you and you now have the tools in place to continue to build your resilience.

You're seeking a career change - now you have a plan to realise it. You're exciting for the future and have the mental capacity to accept the inspiration which now flows to you.

A man in a dark t-shirt is sitting on a wooden bench, looking out over a cityscape at sunset. The sky is a mix of blue and orange, with the sun low on the horizon. The city below is filled with buildings, some of which are illuminated. The overall mood is contemplative and hopeful.

“For me, I was at a real crossroads in my life and looking at an open road in terms of my future. It was a really exciting but sometimes overwhelming viewpoint. Nina's sessions got me excited about my path and turned my ideal life vision into manageable and achievable steps to work towards.”

DANIEL D, LONDON