



# The Coaching Bubble

Person-centred development coaching

✦ where the magic happens



## 4 Stage Programme

**Transforms insight into clarity, unlocks what's been holding you back, and supports you to create sustainable, values-aligned transformational change**

This programme is designed to feel spacious, encouraging and deeply human. You'll be guided step by step, at a pace that feels right for you, with simple, meaningful shifts that make life feel clearer and lighter.

### This programme is for you, if

- You feel capable but stuck, like something important is just out of reach
- You're juggling a lot and want space to think clearly
- You've lost sight of what matters most and want to reconnect with yourself
- You're at a crossroads – professionally, personally, or both
- You want support that is calm, human, and non-judgemental
- You're ready to explore your inner world with honesty and curiosity
- You want change that lasts, not a burst of motivation that quickly fades

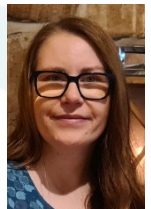
### Why this programme?

- It starts with psychological safety, not performance
- It's identity-led, not behaviour-led
- It's structured but deeply human
- It honours your pace
- It blends depth with practicality
- It's designed for integration, not dependency

Visit The Coaching Bubble  
website to book a  
Discovery Call

**Abigail Evans**

*Founder*



[thecoachingbubble.co.uk](https://thecoachingbubble.co.uk)  
[info@thecoachingbubble.co.uk](mailto:info@thecoachingbubble.co.uk)



## Insight

**Intention:** To shine a light on your inner self, your values, beliefs and patterns that shape your behaviours and how you experience the world around you.

**Outcome:** You'll begin to see yourself with new clarity, compassion, and honesty - the foundation that allows every shift that follows.



## Clarity

**Intention:** To turn insight into direction, bringing shape, meaning and coherence to everything that emerged in the first session.

**Outcome:** You'll have a sense of direction that feels aligned, grounded, and true to who you are becoming. You'll see how everything connects, giving you a clearer sense of what truly matters.



## Unlocking

**Intention:** To explore what's been getting in the way, so you can begin to feel lighter and more open to new possibilities.

**Outcome:** You'll have a renewed sense of possibility, self-belief and energy. You'll feel more connected to your own inner resources, ready for the change that's to come.



## Action

**Intention:** To turn insight into sustainable, values-aligned forward movement that feels natural.

**Outcome:** You'll have actions that feel like an extension of your values - steps that support who you are becoming. You'll have clarity, confidence, a plan you can trust and a sense that your insights, identity and actions are finally aligned.