

"We participated in the Coachathon and have received fantastic feedback about the impact it has had on individuals – light bulb moments, happy tears, greater clarity, empowering, practical tools and renewed focus are all words used by participants.

Can't wait to get involved again!"

- Hitachi Energy UK & IE

# coachathon

In partnership with

**ICF** United Kingdom  
Charter Chapter

## An affordable way to access one-on-one coaching on a wide scale

Last year, hundreds professional coaches joined forces for a 24-hour coaching marathon. From the UK to Thailand, to the UAE to USA, over 500 coaching sessions took place and we came together to raise over £25,000 for MicroLoan Foundation.

Give the gift of coaching for members of your team. At just £50 per session access one-to-one coaching with an expert coach of their choice.

**1** Step 1: How many tickets would you like to purchase (minimum 10)? Let our team know - you can reach the Coachathon team at [contact@mlf.org.uk](mailto:contact@mlf.org.uk)

**2** Step 2: We will confirm your payment options to make your donation.

**3** Step 3: You will receive your internal communications package, including step-by-step instructions for your team to choose their coach and book their sessions.

**4** Step 4: In September, each of your team members will browse the Coachathon website to book their coaching session with a coach of their choice. They will have 11 coaching categories to choose from:

### Leadership

- Executive
- People leaders
- Business

### Career

- Career transition
- Career development
- Public speaking
- Career confidence

### Life

- Confidence
- Resilience
- Mindfulness
- Fitness & Nutrition

**5** Step 5: All coaching sessions will take place on Wednesday 9th October 2024. Your team members will liaise with their chosen coach to confirm a time slot that suits.



### Previous corporate Coachathon participants



MicroLoan Foundation supports women facing poverty in sub-Saharan Africa with mentoring, training and small loans to build their own businesses. With a sustainable income, these inspiring mothers and entrepreneurs can afford nutritious food, healthcare, and education for their families.

