

PRIVATE 1:1 COACHING, TRAINING, CONSULTING & MENTORING

Information Pack





WELCOME

Thank you for your interest in coaching, consulting, training and mentoring services provided by Louise Grafton through the Life and Soul Alignment Academy.

Please take a few moments to read through this information pack which contains details about the services provided, what's involved and next steps to take, should you be interested.

Once you have read through the Information Pack, if you have any further questions then please do get in touch. Email support@louisegrafton.com



Louise Grafton BA (Hons), MBA, PGCE

Life, Fitness, Business & Mindset Coaching, Training, Mentoring & Consulting

Having spent most of her childhood living in the Far and Middle East, Louise is currently based in the Southwest of the U.K. Married to Mike, proud mother of two wonderful daughters carving out their own paths in life, nanny to two grandsons who warm her heart every day, Louise has had a varied career and professional life, following a non-traditional non-linear path.

Louise has worked in the sporting world, health, fitness and wellness industries, public and private educational sectors, teaching, management, and coaching, having started her full-time working life in an administrative office role for a Life Assurance Company.

Having run her own health and fitness business since 2007, Louise pivoted towards education, teaching, coaching, and writing in business, health, fitness, mindset and all things life, after taking a two-year sabbatical to teach English as a Foreign Language in Lanzarote.

Louise has been coaching, training and mentoring for over 30 years, having started in the arena of sports coaching, gymnastics and swimming, previously being involved in both sports as a participant and a competitor. She then added the world of health and fitness into her arena of coaching when she trained as an Exercise to Music Teacher (better known as aerobics) in 1994. Since then Louise has trained, taught, coached and mentored hundreds of people in the sporting, leisure, health and fitness and business worlds.

A lifelong learner and eternal student, Louise is on a mission to inspire, encourage, guide and support as many people as possible in both their professional and personal lives, helping them live aligned by design, making sure that their daily actions are reflective of their goals and dreams. Supporting and guiding them to know and believe in themselves, to be brave, to prepare for, navigate through, manage and embrace change and challenge, so that they can recognise and fulfil their potential and live their best thriving, flourishing and successful lives.



Coaching, Training, Mentoring & Consulting

Louise's Private 1:1 Sessions include coaching, mentoring, training and consulting which are four distinct approaches used to provide guidance, support and accountability in different professional or personal contexts. While they share some similarities, they can also differ in their objectives and processes used to achieve the desired outcomes. Here's a breakdown of each approach:

Coaching

Coaching will focus on facilitating your personal or professional development and growth through a structured, yet flexible, process. It will involve working with you to clarify goals, identify obstacles, develop strategies to overcome them and identify practices to implement, alongside actions to take, to move forward. Methods used will include active listening, questioning, and feedback techniques to help you to increase your self-awareness, enhance your skills, and achieve specific objectives/outcomes. Coaching generally does not involve direct instruction or teaching but will instead empower you to find your own solutions.

Training

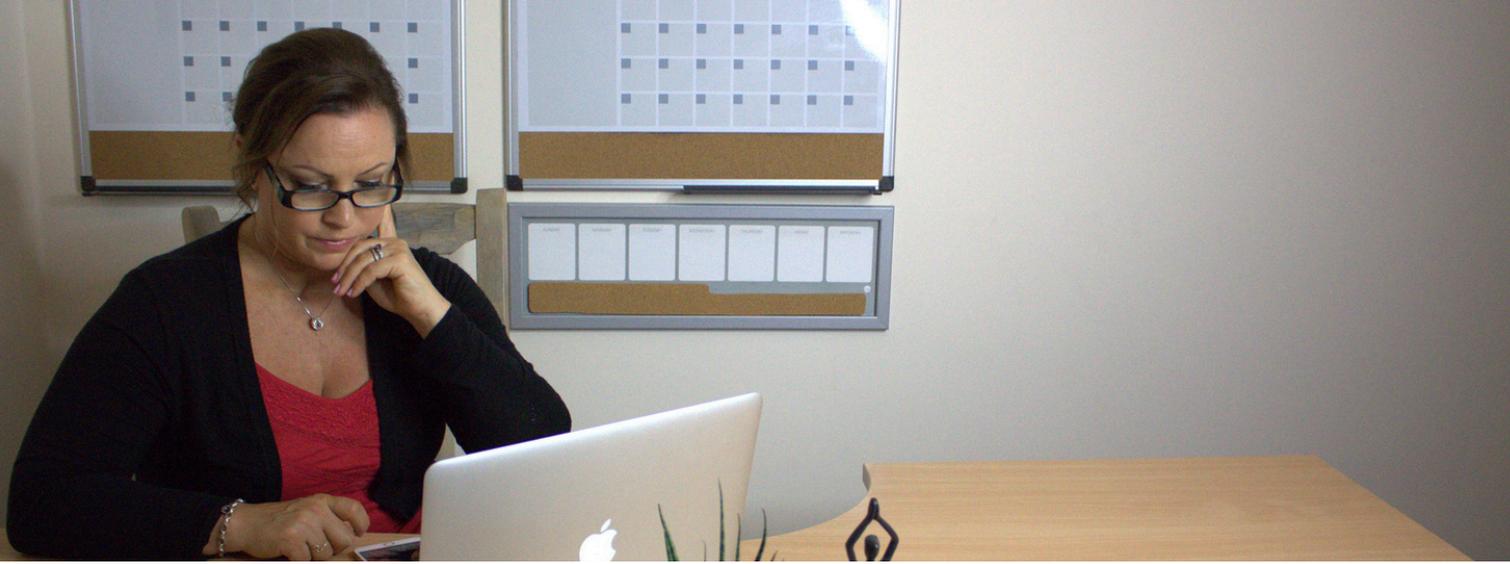
Training offered involves the imparting of knowledge, skills, and competencies through structured instruction. Through training information is given, techniques demonstrated, and opportunities for practice and feedback provided. Training is typically more instructional in nature compared to coaching, consulting, and mentoring aiming to develop specific skills, enhance knowledge, or achieve predetermined learning objectives.

Mentoring

Mentoring will provide you with guidance, knowledge, and support. Louise will share with you her wisdom, insights, and personal experiences to help you develop your skills, navigate your personal and/or professional life, and overcome challenges. The focus is on your long-term growth and development. This type of relationship, that of mentoring is built on trust and mutual respect, with advice and guidance offered being based Louise's own journey and expertise.

Consulting

Unlike coaching, consulting sessions will be more directive, with specific expertise being offered and a more hands-on role being taken in problem-solving. Consulting provides advice and solutions to address specific problems or challenges where a situation is assessed, data analysed, and recommendations based on Louise's expertise and knowledge provided.



The 5 Programmes

You have five options to choose from, the choice of which depends upon your needs, the results you're seeking, your budget, your time and ability to commit to the outcome you're wanting to achieve. The different programmes are detailed below and they can be discussed at the initial consultation call.

6-Month Immersive

This Programme, with a call every other week, is for you if you know you're ready to take the next steps but you'd like, or need, more time to do so. You're willing to invest in yourself to get the results you're after but you know that you'd prefer to have a bit longer in which to do so. You want the security of knowing that you have a longer period of time in which to be helped, guided, supported and perhaps to be kept accountable too.

3-Month Accelerator

This Programme, with a weekly call, is for you if you know you want to get going quickly and want to get desired outcomes fast. You're ready and willing to go all in to invest in yourself and to start taking action straightaway to start seeing the results you're seeking.

Half-Day Intensive

Perhaps you don't feel quite ready to commit to a longer term programme just yet. If so, then this could be the option for you especially if you need that initial boost to get you started and on your way. You can do this with a half-day, 4-hour, 1:1 session with Louise.

90-Minute Intentional Strategising

For 90 minutes Louise is all yours, to discuss one thing, perhaps two, that is/are keeping you stuck and holding you back from moving forward or that you just need an extra input on. Louise can give you insights, suggestions and potential steps to take. This is also an ideal selection if you're seeking health and fitness training or wishing to be taught how to do something.

VIP Programme:

Your High-Touch, Fully Tailored, All-In-One Support System All in One Place

This exclusive 12-month VIP programme is your ultimate personal and professional transformation journey. It's for you if you're ready to go all in — with time, energy, and commitment — to create lasting, meaningful change across all areas of your life. Whether you're looking to take bold steps forward, refine your path, or completely redesign aspects of how you live and work, this is your opportunity to be fully supported — every step of the way.

What's Included:

Louise will work with you 1:1 throughout the year using a blend of coaching, mentoring, training, and consulting — depending on what you need, when you need it. This dynamic approach allows each session to flex according to your goals and situation. You'll receive:

Coaching to unlock your potential, build clarity, and move forward intentionally.

Mentoring to gain wisdom, insight, and long-term guidance from Louise's experience.

Training to equip you with skills and knowledge that support your journey and help you to solve specific challenges with tailored advice, tools, and strategies.

Tailored to You:

Over the 12 months, you'll be guided to align your everyday actions with your biggest goals and aspirations — creating a life you love across the Five Core Pillars:

Well-Being – Optimise your mental, physical, and emotional health.

Relationships – Deepen connections with others, and with yourself.

Self-Development – Grow into the best version of you, with purpose and confidence.

Responsibilities – Navigate career, parenting, and life logistics with intention.

Fun, Laughter & Enjoyment – Make space for joy, pleasure, and experiences that light you up.

Is this for you? This programme is ideal if:

You're ready to commit long-term to growth, change and aligned action.

You want regular support, challenge, and accountability over time.

You're seeking deep transformation, not just quick wins.

You value having a trusted, experienced partner to help you navigate it all — professionally and personally.

What You Can Expect:

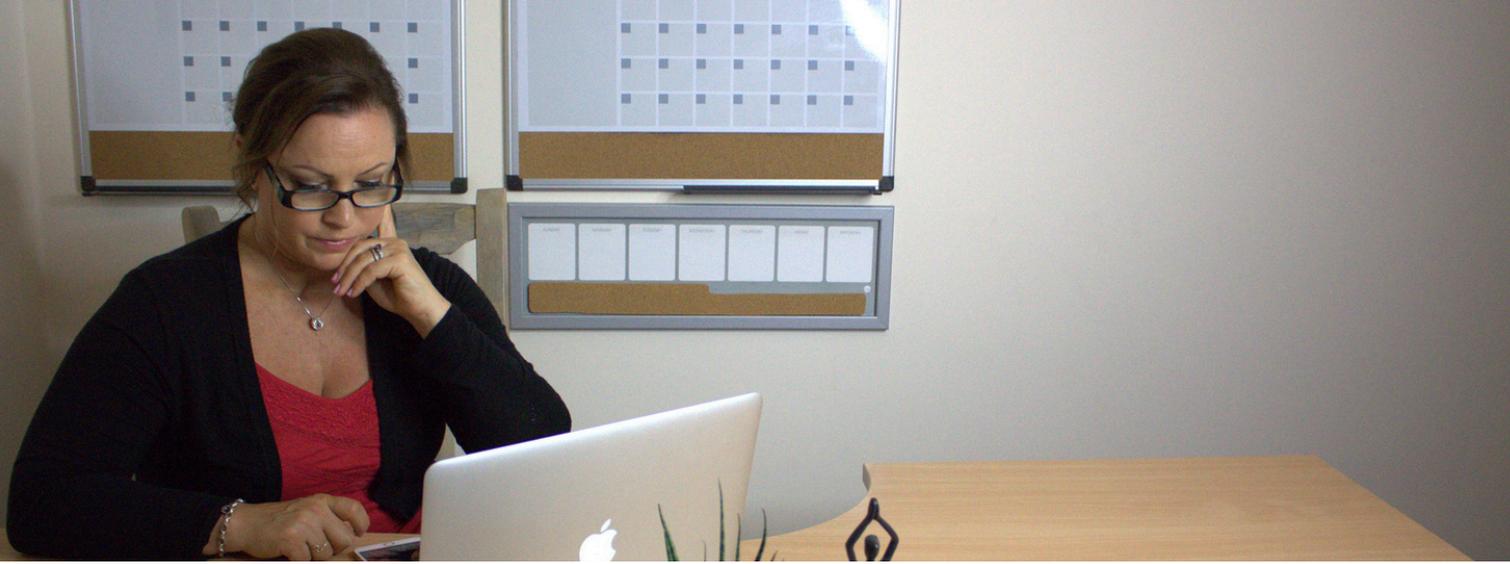
A full year of high-touch, personalised 1:1 support with Louise.

Regular sessions (frequency to be tailored to your needs).

Check-ins, accountability, and responsive guidance between sessions.

A combination of deep reflection, practical strategy, and joyful action.

This isn't just a programme. It's a powerful partnership for your most important work: becoming who you're meant to be and creating the life you truly want, through aligning your daily actions with your dreams, goals and desires.



How it works

Investing in coaching, training, mentoring or consulting or a combination of the approaches is an important step to take. Finding the right person to work with you is crucial for you to be able to achieve the results and the outcome you're seeking. Which is why an initial connection call is your first step as detailed below along with the different stages of the process. The free initial connection call is to determine if working with Louise is right for you and vice versa - a 2-way interview! If a decision is made to work together you will be informed of the next steps to take at the end of the call.

Information Pack

01 Read through this Information Pack and, if you have any further questions or require more information, email support@louisegrifton.com

Book a Free Connection Call

02 The initial Connection Call is free and is a requirement for joining any of the programmes. It will last up to 30 minutes.

Complete the Pre-Consultation Form

03 Prior to the Connection Call it is suggested that you complete the Pre-Consultation Form (provided when you book the call) to help us to maximise the value of our time together and help us to tailor our approach to best meet your needs.

Consider Questions

04 In addition to completing the Pre-Consultation Form you're encouraged to consider any questions you may have about the different programmes and which one/s you're drawn to and why. Write them down and bring them to the call with you.

Attend the Call

05 Schedule the call in your diary/calendar. Prepare what you need beforehand, including any questions you may have. Remove distractions, check your computer/phone microphone/speakers are working. Allow time either side of the call for getting yourself into the right headspace before and for processing afterwards.



PROGRAMME PRICING

 3-Month Accelerator Option 1 Pay in full prior to booking first call: \$1,487.00	 6-Month Intensive Option 1 Pay in full prior to booking first call: \$2,757.00	 Half-Day Intensive Pay in full prior to booking the session: \$447.00
 3-Month Accelerator Option 2 Pay 4 x Monthly Payments - first payment payable before booking first call. \$407.00 per month x 4	 6-Month Intensive Option 2 Pay 7 x Monthly Payments - first payment payable before booking first call. \$437.00 per month x 7	 90-Minute Intentional Strategising Pay in full prior to booking the call: \$197.00

[Click here for a currency converter if required.](#)



NEXT STEPS

Book your Free 30-Minute Consultation Call

The initial Consultation Call is free and is a requirement for joining any of the programmes. It will last up to 30 minutes. The call will take place either via zoom or by phone.

[Click here to book your call.](#)

Complete the Pre-Consultation Form

Prior to the Consultation Call it is encouraged that you complete and return the Pre-Consultation Form to help us to maximise the value of our time together and help us to tailor our approach to best meet your needs.

Once you have booked your call you will be emailed this form to download, complete and return before the call takes place.

Thank you!

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www.louisegrafton.com