



Coaching with Russ Haworth

Clarity. Direction. Fulfilment.

Life is not a rehearsal. The time we have is precious, yet it's easy to feel caught up in busyness or uncertainty. Coaching offers a space to pause, take stock, and make deliberate choices about the life you want to lead. My role is to help you step back from the noise, see your situation more clearly, and move forward with intention. This is not about quick fixes or prescriptive advice; it's about creating the clarity and confidence to live in line with your values.

What You May Be Experiencing

Many of the people I work with recognise some of the following challenges, while also holding aspirations for greater fulfilment and impact. Coaching provides the space to explore both, to navigate what feels difficult, while unlocking a clearer path to a life well lived.

- Wanting momentum yet feeling as though something is holding you back.
- Managing competing demands without a clear anchor to guide you.
- Knowing your actions could better reflect what truly matters to you.
- Facing important decisions but seeking greater confidence in your choices.
- Holding aspirations for a life that feels more fulfilling and meaningful, while unsure how to begin shaping it.

What You Can Expect

Working with a coach can feel unfamiliar at first. The benefits are not always immediate, but they are lasting. Coaching is an investment in yourself: time set aside to think more deeply than the everyday rush allows. It creates the space to respond thoughtfully rather than reactively, and to move forward with a stronger sense of direction, balance, and optimism.

- A renewed sense of momentum and clarity about what you want to achieve.
- A stronger anchor for making choices, even when demands pull in different directions.
- Practical ways to ensure your daily actions reflect what matters most.
- Greater confidence and ease in approaching important decisions.
- A clearer path towards creating a fulfilling and meaningful life.



How I Work

The way we work together is as important as the outcomes you achieve. Coaching is not about me telling you what to do, but about creating the conditions for you to think more clearly, explore openly, and move forward with confidence. My role is to listen deeply, bring perspective, and ask the kinds of questions that unlock new insight. Together we create a calm, trusted environment where you can reflect honestly and consider choices with clarity. I bring the following.

Effective listening: ensuring you feel fully heard and understood.

Calm presence: creating a safe space to untangle complexity.

Insightful questions: helping you discover your own best answers.

Trust and confidentiality: allowing you to explore openly and honestly.

Your Commitment

Coaching is most effective when you approach it with openness and curiosity. The power to create the change you want to see lies within you; my role is simply to help you uncover it. Lasting progress comes not from quick answers, but from a willingness to explore, reflect, and engage honestly with what matters most.

Committing to this process means showing up with a readiness to think differently, to challenge old assumptions, and to embrace new perspectives. In return, you will gain the clarity, confidence, and alignment needed to move forward with purpose.

The practical commitment is £1,500 (+VAT in the UK) per month, reflecting the dedicated time and focus we will give to your journey. Typically, this involves us meeting for an hour every two weeks, giving you the space to reflect between sessions while ensuring steady momentum. The deeper commitment is to yourself, to invest in the life you want to create.

Next Steps

If you are ready to step back, reflect, and begin shaping a more intentional and fulfilling life, I would be glad to explore whether this approach is right for you. Please [follow this link](#) to arrange an initial discussion and explore if we are a good fit.