



BACKGROUND AND EXPERIENCE

Anna Percy-Davis has a 1st class degree in Economics and Psychology. She spent a number of years working in first fund management and then Investment Banking before moving into Investment Banking headhunting. Anna spent over a decade as a head-hunter covering many areas of investment banking particularly Corporate Finance and Equities. She retired from headhunting with the birth of her second child at the end of 2001. Over the following 4.5 years, despite focusing on bringing up her two young daughters, Anna completed a foundation year in Psychotherapy at the Regents College of Psychotherapy and Counselling. She also trained as an Executive and Life Coach through the Coaches Training Institute. A member of the International Coaching Federation Anna is a Co-Active coach. She is an associate for a number of coaching networks and works in both corporates and for private individuals in her personal capacity as a coach.

As your coach I am:

Fascinated by your potential,

Inspired by your individual creativity,

And unwaveringly committed to

Holding you as splendid and capable

WHAT IS COACHING AND WHY HAVE COACHING?

Anybody and everybody can benefit from a coach at some stage in their lives particularly from a co-active coach. Not only is it a positive experience but it will also give you real skills to get the very best out of your life today. The kind of things coaching can help you deal with are:

- » Identifying and removing the blockages that are preventing you from fulfilling your goals
- » Managing your relationships better particularly with your partner/children/boss/colleagues
- » Raising your self-esteem
- » Helping you to motivate yourself today and to stay motivated
- » Organising yourself better so life is less stressful
- » Improving your health through better diet and exercise
- » Increasing your enjoyment of life in general

Coaching teaches you to live in the NOW, it does not spend time trying to analyse why you are where you are today; it gives you the tools to enjoy the present and helps you to plan a rich and fulfilling tomorrow.

WHY HAVE ANNA PERCY-DAVIS AS YOUR COACH?

Anna creates a safe, invigorating and exploratory environment to discover what matters to you and to help you really make your life happen. She enables you to take a long, hard look at All aspects of your life.

Coaching from the Anna Percy-Davis Perspective

- » Is about you the client as a whole person
- » Is non-judgemental and totally confidential
- » Is always a positive experience
- » Focuses on your values, goals, work, balance, fulfilment and life purpose
- » Allows you to develop your own definition of success
- » Identifies the goals that will lead you to a more fulfilling life and ensures that you work towards these goals
- » Designs a workable plan that is specific to your needs and aspirations
- » Helps you create the life you really want to have without your having to try too hard
- » Empowers you to live a magnificent life

How coaching works

- » Coaching takes place one-on-one
- » Sessions are organised at your convenience
- » It is conducted either in person or on the telephone
- » Sessions typically last 45 minutes and are conducted once a week
- » You are billed monthly and this includes 4 x 45 minute sessions and unlimited text/email/short calls in-between the weekly sessions

Anyone can find time to fit coaching into his or her life. Where else can you find a space to talk about yourself in an environment of calm and non-judgemental support?

If you would like to discuss how coaching might be useful for you, please contact Anna at:

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ANNA PERCY-DAVIS

EXECUTIVE AND LIFE COACH