



I help leaders and driven professionals

thrive

in their career and life

great to meet you!

I understand that choosing to work with a coach is a big decision, one that takes your time, energy, and financial investment. From what I've seen with my clients, though, the rewards can be life-changing, bringing growth and clarity that last well beyond our sessions.

What really makes coaching effective is the connection between us. When we work well together, it opens the door to deeper insights and greater impact.

This Welcome Guide is here to help answer your questions—about how coaching works, what to expect, and whether we might be the right fit.

If it feels like we could be, I'd love for you to book a chemistry call to explore how we can work together.

J. Marta



My approach what is coaching?

Coaching is hard to define; even prominent figures in the field struggle to capture its essence fully.

As many people say, it's best to experience it to truly appreciate its potential.

The way I make sense of it has evolved over the years, shaped by witnessing its profound impact on my clients and reflecting on my own coaching experiences.

While it's impossible to fully capture this deeply experiential process in just a few words, here's my best effort.

To me, coaching is a thinking partnership. It's a unique relationship where my clients and I engage in conversations unlike any other in their lives. It gives them a chance to step away from the noise of immediate pressures, gain clarity, and understand themselves in new ways.

A client recently shared how, despite knowing certain things logically for years, our sessions helped those ideas truly 'click' - leading him to take action in ways he hadn't before.

This is often how coaching works.

As we work towards those goals, every coaching assignment is unique. My role is to guide, support, and empower you to achieve your goals in a way that is most effective for you, rather than following a predetermined programme.

Each session is tailored specifically to you, evolving according to your needs and pace.

Whether you experience sudden breakthroughs or gradual shifts, your journey will unfold in its own distinctive way, making the experience both deeply personal and impactful.

your dreams and aspirations
what are your goals?

Coaching focuses on the goals you want to pursue.

This could be an organisational objective or something personal. The goal might be something tangible, like a career transition or starting a business, but it can also be more intangible and deeply personal.

Here's an experiment: picture yourself in the future—whether 3, 6, or 12 months ahead—having achieved what you set out to accomplish. Imagine the sense of satisfaction and pride as you look back on your journey. What changes have you made? What impact have they had? How do you feel?

Sometimes, the goal isn't clear at the outset, and that's ok too. Some of my clients have spent their lives following recipes for success that others have prepared for them, making it hard to know what they really want. If that's you - don't worry. It may take a session or two to unpack things before the fog is lifted

Here are some recent examples of my client goals:

"I want to understand what makes me thrive so that I can make more intelligent career decisions."

"The way I'm working right now isn't sustainable, and I want to make changes before I burn out."

"I've recently been made redundant. I want to rebuild my confidence and figure out the right next step for my career."

"I want to have more impact and influence within the leadership team."

"I want to stop striving and finally feel like I deserve the seat at the table."

"I want to build resilience as I navigate this intense period of change, so I can maintain my well-being."

"I have a big career decision to make and I want to be supported by a thinking partner who can support me and challenge me"

“Marta’s extensive coaching expertise, professional background, and international focus made her the perfect fit as my coach.

Before we started working together, I felt overwhelmed by everyday choices, stuck and exhausted.

In under six months, I’ve experienced growth and gained insights that are hard to fully capture here. Now, I set boundaries at work without feeling drained and make meaningful life choices aligned with who I am. I’ve let go of a pleasing mindset, connected with different aspects of myself, and understand myself so much better.

After this journey, I feel like I am the same person I always was, but different—and that ‘little different’ changes a lot.”

ANDREJ P. BERLIN

Working Together packages & prices

Based on my experience and the belief that coaching is most effective over time,
I offer packages with different lengths to suit various goals.
We can also create a bespoke plan tailored specifically to your needs.

3 MONTHS

£430
(monthly)

increased
self-awareness,
kickstarting
change

6 MONTHS

£400
(monthly)

longer term
support to create
sustained
change

12 MONTHS

£370
(monthly)

a year long
partnership,
unparalleled
transformation

2 x 1h sessions per month via zoom. Fortnightly sessions on average, flexible booking and rescheduling with 24h notice.
Payable via Direct Debit over 3,6 or 12 months or upfront.
Includes access to resources: exercises, podcast and book recommendations,
including Career Reboot course workbooks.

Curious how my prices stack up against market averages?
According to the 2023 ICF Global Coaching Study, the average global coaching rate
per hour, including personal and corporate coaching, stands at \$286 (£228).

the value **you can expect**

In a field with low barriers to entry but high bar to excellence, choosing the right coach makes all the difference. Here is why working with me you're investing in proven expertise and lasting change.

COMMITMENT TO HIGHEST STANDARDS

I'm a PCC credentialled coach who has undergone extensive training. I have over 1,000h leadership & executive coaching experience, enabling me to guide you through complex challenges with confidence.

A COACH AT THE FOREFRONT OF THE FIELD

As a coaching supervisor and a member of faculty at a leading coaching school in the UK, I help shape the future of the field. You receive the best, most current support based on advanced strategies and insights.

FIRST HAND LEADERSHIP EXPERIENCE

Before establishing my coaching practice in 2018, I built a successful career in a Big Four consulting firm, leading multi-million-pound projects for companies around the world. This allows me to confidently work with leaders from diverse organisations and cultures..

YOU WILL FEEL SUPPORTED AND CHALLENGED

My coaching style is a blend of warmth, deep listening, empathy and honest challenge with a focus on practical steps that my clients can take outside of the coaching space to move forward.

GAIN CONFIDENCE

If you sometimes struggle with self-doubt, imposter feelings, or your inner critic, we could be a great fit as I specialise in helping clients overcome these challenges. Working together, you'll learn powerful techniques to manage that inner voice and see yourself in a new light.

RELATABLE LIFE EXPERIENCE

I have made major changes to my career after deciding that the looming headaches at the start of each week can't be ignored any more. I have lived through change, multiple relocations abroad, running businesses alongside a day job.

All this while juggling work and parenthood.



The impact has been life-changing

Coaching with Marta was the best investment that I've made in a long time. I am in a completely different place and I'm thoroughly enjoying my dream job.

JUSTYNA OGRODNICZEK, GREATER MANCHESTER

Let's talk
ready for the next step?

There comes a point when you're tired of waiting, overthinking, and feeling stuck in the same patterns. If that resonates with you, don't wait any longer.

Book your free 45-minute introductory Zoom call today. We'll talk about your goals and explore how we could work together. We can explore your questions about coaching and my approach. While it won't be a full coaching session, it's a great chance for you to get a feel for my coaching style and see if we're a good fit.

You can book it by visiting
<https://martaabramska.as.me/initialconsultation>

or scanning this QR code

