



1:1 Coaching Sessions & Nurture Packages

www.pollypeart.com

All about 1:1 coaching



Social media coaching is perfect for businesses who need a little guidance and advice when it comes to managing their social media.

Are you struggling to know what to post on your social media platforms? Or perhaps you need some tips for getting more engagement? Perhaps you need a little help understanding the key features of the major social media platforms, or maybe you just want to pick an expert's brains for an hour?!

Held on a GoogleMeet video call, a coaching session is a great and affordable option for businesses who want to manage their own social platforms but need a little help to get started.

My goal is to empower you with the confidence and know-how to create your own content with purpose.

What's included?



- 1 hour of focused time via Teams video call.
- A discovery questionnaire will be sent prior to our call so that you can let me know what you would like to focus on in the hour. This will ensure we make the best of the time together
- 60 minute recording of our call
- A PDF document highlighting the key points of our call & any ongoing recommendations.

What could we focus on?



Our session could be focused on any number of areas, but here are *just a few* things businesses have asked me for advice on:

- **What to post:** We could look at a suggested content framework together to ensure the content you're posting is varied, relevant and engaging for your audience.
- **How to post:** There are *many* features to each of the major platforms. Together we could look at any areas you are struggling with.. ie. how to present images on the different platforms, Instagram reels or using Instagram stories.
- **Useful tools:** Canva is an amazing and super simple design tool which is widely used to create social media content. Together we could look at creating some simple templates for you to use on your social media pages. We could also look at schedulers together and how best to schedule your content in advance.
- **How to write captions** that are engaging with good call to actions.
- **Planning:** How to plan your content in advance so that every post is strategic and purposeful.

This is *your* session and we can look at whichever area you are struggling with!

Coaching Hours Pricing



1:1 Coaching Sessions are priced at £150 for 1 hour, or £250 for 2 hours.*

An invoice will be sent prior to the coaching session and I ask that payment is received before our session please.

*This price is for 1:1 coaching. Additional attendees can be added at £45 per person per hour. Please contact me for whole-company training.

Nurture Package



Perhaps you need a little more than an hour, and some ongoing advice and reassurance?

My Nurture package offers you 6 hours of support, recommended to be taken over 6 weeks to give you the opportunity to put any advice into action between sessions. Of course, if you would rather take the sessions in blocks of 2, this is fine too!

At the end of the 6 weeks, I'll provide you with a written PDF summary of our time together.

This service is ideal if you would like to work on implementing your content plan or strategy and need ongoing feedback and advice to help you manage your social media with absolute confidence!

6 week nurture packages are priced at £750.*

*Additional attendees can be added at £45 per person, per session.

What they say!



Polly was recommended to me for Social Media training because of her knowledge, approach and familiarity within the sectors that I work. From only a brief conversation Polly was able to custom social media training for what I needed as well as giving me an understanding of the platforms that would work best. Always adapting as we went along when I spiralled off with lots of questions. Professional, friendly and on point. I will be working with Polly again soon for our next steps.

Natasha,
Architecture & planning firm



Polly showed where my strengths and weaknesses were, how I needed to view my content differently and gave me ideas for how to strengthen my brand, breaking down the areas of the business for me. Polly really connected the dots between my business goals and how to use Instagram to my advantage. Naively, I didn't think Instagram could be such a useful tool for gaining new business and now I definitely see the strength in using Polly moving forwards. Just by changing a few parts that Polly recommended, I've already generated a new client!

Anna,
Personal Trainer

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Find me on social media!



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