



WELCOME TO

THE 'I Can' METHOD ⚡

*How to build a "Growth Mindset" and achieve
your meaningful goals!*

Sarah Pittendrigh
Personal & Business Breakthrough Coach

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Welcome

Welcome to The I Can Method my empowering 1:1 mentoring programme that is helping CEOs and Business Owners maintain/reclaim a Growth Mindset and deliver their most ambitious and meaningful goals.

At 38 I was a bankrupt single mum on income support, having lost a 7-figure business which I was a partner in 2008

It is my rocky journey of transformation from hardship back to becoming a multi award winning multiple founder, coupled with two life threatening cancer diagnosis, that has taught me the most valuable lessons in life and business, the most prevalent, the power in maintaining a growth mindset and this is what I want to teach you.

I have packaged up my powerful hindsight into an empowering mentoring programme.

#TheICANMethod

The I CAN Method is the result of many hours of scribbling spider charts at my dining room table where I was planning a way to break free from my self-limiting beliefs, build a growth mindset, get off income support and save my home from being repossessed.

- This powerful and yet straightforward method gave me the space to slow down my whirring thoughts, unravel, gain clarity which allowed my inspiration to flow, time to reframe my goals and develop a strategic plan that resulted in me creating my multi award winning, wedding and event styling business Simply Bows and Chair Covers, which I franchised to 9 UK offices and meant I could secure our family home.

- Supported me to process and deal with the

enormity of what I was told when I was diagnosed twice with life threatening malignant melanoma, which thankfully was successfully treated.

- The same methodology I used to carry out a feasibility study on a multi 7 figure property project that would see my husband and I transform the redundant buildings on our family farm into 8 beautiful stone executive homes.

I now share this powerful and yet straightforward method with CEO's and Business Owners to help them reclaim and realise their big ambitious goals, to get back into a "growth mindset" when pressure and expectation has chipped away at their confidence, passion and excitement and I would love to support you.

Life is too short to stay stuck! You are never too old and it is never too late to realise your goals and ambitions.

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ABOUT YOU

How are you feeling?

- Have you lost sight of your big goals and ambitions through the fog of overwhelm?
 - Is the constant juggling of time causing you to feel burn out?
 - Are you starting to question your ability to make big growth decisions in your personal or professional life?
 - Are you feeling stuck at a crossroads, not sure which way to turn?
 - Is your confidence being chipped away through pressure and expectation?
 - Are you starting to question your Why?
- Are you looking to scale your business and would benefit from mentoring support from an experienced entrepreneur?

Let me help you.

Whether you have big personal goals you wish to hit or ambitious plans to realise in your business, to do this you need to create space for big picture thinking, you need to untangle any roots of self-limiting beliefs and most importantly you need a good return on investment of your time to ensure you have the energy to drive your goals forward.

You need to be at the top of your “TO DO LIST”.

I am a highly experienced entrepreneur with years of experience and I want to share my valuable hindsight to support you and show you that you CAN realise your meaningful goals.

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THE "I Can" COACHING METHOD

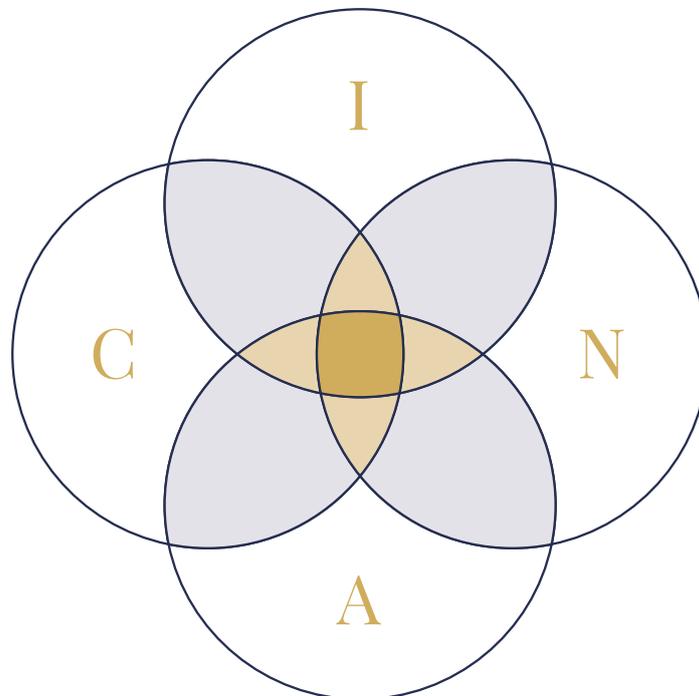
The "I CAN" Method has 4 steps:

IGNITE

Igniting the process, your opportunity to release the pressure valve and express how you are really feeling within a confidential environment. Reflect, Step back, look at the landscape. What is your why? Is there something holding you back? Ignite your purpose?

CLARIFY

Together we will brainstorm using a SWOT analysis, completing one on you and one on your business/goal. I will offer thought provoking questions to encourage you to think on a deeper and broader level. We will identify your key strengths and areas where you need some support or outside assistance to realise your goal.



NURTURE

Create a step by step accountability list to follow, so you can nurture the process, which includes nurturing your business/goal, yourself and your own inner wellbeing to ensure you stay on track, in a position of strength.

ACTION

You will create a strategic plan following a success ladder of small steps to help you deliver your desired goal in a timely manner and without causing overwhelm. The aim is for the small goals to bring the big goal to you!

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YOUR INVESTMENT

1. How to build a Growth Mindset and realise your meaningful goals.

6 months of empowering mentoring split into two parts.

8 weeks 1:1 mentoring to breakthrough and set the plan

4 months of 1:1 accountability mentoring and support to realise your goal.

Price: £6,400.00

A payment plan can be arranged subject to terms and conditions.

2. How to breakthrough your acute life and business challenges now!

8 weeks of empowering 1:1 mentoring focusing on your acute challenge that you need to breakthrough now!

Price: £2,400.00



**Book your Complimentary Discovery Call
with me today - I'd love to hear from you.**

Email sarah@sarahpittendrigh.com

Phone: 07595 549 623

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TESTIMONIALS

Sarah's support has been utterly transformational for me and my business.

I absolutely relished my time being mentored by her - after every session, I would come away with sparkling new insights and a very real sense of what I was capable of and increased self confidence. Sarah has provided me with the tools to be able to focus ON my business, evolving, developing, strategising - rather than allowing myself to be run BY my business.

She is incredibly sharp and intelligent, sometimes hard talking but always honest, compassionate and empathetic. I can genuinely say that I feel I have benefited beyond any expectation from having been coached by Sarah. I have also gained a trusted confidante and champion for me and my business.

- Annabel Beeforth ~ Founder Love My Dress and Co Founder What About Weddings

Each year I try something new to develop my learning - in previous years I have completed the Entrepreneurs' Forum Scale Up Academy and Scale Up North East programme by RTC North. Last year I joined Vistage UK and this year I started 2021 with a 6 week coaching programme with Sarah Pittendrigh.

I have thoroughly enjoyed working with Sarah and there's nothing like having a coach who really understands the unique complexities of being a female business owner. If you're emerging from the pandemic a bit battered and bruised, exhausted and unsure as to what next (as I was) then I would really recommend a call with Sarah to see if this programme might help you. If anyone would like to hear more about my experience of the course please send me a message I'd be happy to share more about what I got from the programme.

And a huge thank you to you Sarah, it's been absolutely brilliant and I feel like a different person!

- Joanna Feeley - CEO Trend Bible

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TESTIMONIALS

I have been running a successful interiors business for the past 15 years and while many aspects were going well, I kept coming up against the same obstacles time after time. I was also at a point whereby my children were needing less hands-on time allowing me to invest time in myself and in the business.

I have known and admired the way Sarah works for some years and I leapt at the chance of working with her. The 6 weeks programme following her method has been an invaluable learning curve. It has made me dig deep and really look at various aspects of who I am, how I operate as a business woman and how, if I can learn to shift my mind set, I can open myself up to many more positive opportunities.

Sarah's programme is very well-structured and is content-rich, while Sarah herself is a gifted and rigorous coach. I feel that she has really invested in my business and it has been a rewarding and very beneficial process for me personally and as a business owner.

- Sarah Osmond ~ Sarah Osmond Interiors

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