



# Katinka Blackford Newman

Life Coaching for High-Achieving Professionals  
Helping you go from stuck to unstoppable

## KBN Life Coaching Options

I work with capable, high-functioning people who have achieved a great deal in life but sense that something has stalled or gone slightly off course.

From the outside, things may appear successful. Yet internally, there may be uncertainty about the next step, frustration in relationships, difficulty sustaining health goals, or the sense that life is busy but not moving forward in the way it should.

Coaching creates the space to step back, understand what is really going on, and make deliberate changes that move life forward. Unlike therapy, coaching is usually short or medium term and strongly action-focused. Our work combines reflection with strategy so that insight leads to practical change.

Sessions are usually held online via Zoom or Google Meet. In-person sessions in London can also be arranged.

## Coaching Tools

Every client arrives with a different story, but the coaching process often involves several key stages. I use a number of tools customised to your specific needs. Here are a few examples:

<b>Clarity</b>	Using the 'Wheel of Life' tool, we'll examine where you are in various areas of life and how to close the gap to where you want to be.
<b>Unlocking Your Inner Compass</b>	Together, we'll uncover your true values and ensure your life aligns with your deeper purpose and vision.
<b>Saboteur Discovery</b>	Learn to identify and overcome your inner critics that stop you from taking action and achieving your goals.
<b>Lifestyle Design</b>	Say goodbye to overwhelm! With a tailored plan and routine, you'll be energised, focused, and set up for success.
<b>Monthly Alignment Audit</b>	A special monthly plan to help you track your goals and be accountable.
<b>Break Free from Limiting Beliefs</b>	Discover the thoughts that have been masquerading as facts, preventing you from reaching your true potential.

# Coaching Programmes

## Life MOT – A powerful place to begin

Many clients begin with a Life MOT, a 3-hour focused deep-dive coaching session designed to bring clarity to where you are now and what needs to change.

During this extended session we'll step back from the day-to-day noise and examine the bigger picture. Using structured coaching tools, we'll explore the key areas of your life, identify what may be holding you back, and define the priorities that will move you forward.

Includes:

- 3-hour deep-dive coaching session
- Wheel of Life assessment
- identification of key priorities
- practical action plan

**Investment: £395**

*If you decide to continue into a coaching programme, the full cost of your Life MOT is credited towards the programme fee.*

## Unstoppable Foundations – Six Session Coaching Programme

*Unstoppable Foundations* is a focused six session programme designed to help you break through patterns that may be keeping you stuck and create a clear plan for change.

Over the course of the programme we explore the deeper drivers of your current situation while building practical strategies to move forward. Many clients begin here before deciding whether they would like to continue into the full *Unstoppable Accelerator* programme.

Includes

- 1 x 2.5-hour deep-dive session
- 2 x 90-minute coaching sessions
- 3 x 60-minute coaching sessions
- email and WhatsApp support between sessions
- personalised coaching tools and exercises

**Investment: £1,250**

*If you decide to continue into the Unstoppable Accelerator, the full price of the Unstoppable Foundations programme can be credited towards the Accelerator programme.*

## Unstoppable Accelerator – 12-Session Programme

The Unstoppable Accelerator is my core coaching programme, and provides the time and structure needed to create meaningful and lasting change.

The programme begins with an extended deep-dive session, where we map your situation and identify the patterns that may be holding you back.

The early sessions are longer and more intensive while we dismantle limiting beliefs and design a clear strategy for change. As momentum builds, the later sessions become more focused on implementation, accountability and sustained progress.

Sessions may be held weekly or fortnightly, depending on your availability and preferred pace.

### Includes

- 1 x 2.5-hour deep-dive session
- 2 x 90-minute coaching sessions
- 9 x 60-minute coaching sessions
- 2 x 45-minute SOS calls
- 2 x 20-minute brainstorming calls
- email and WhatsApp support between sessions

**Investment: £2,299**

## Unstoppable Partnership – Twelve Month Premium Programme

This 24-session programme is designed for clients who want a deeper coaching partnership while navigating significant professional or personal change.

Sessions are typically held every two weeks across the year, creating a steady rhythm of reflection, decision-making and accountability.

This programme allows space not only to work through long-standing patterns but also to maintain momentum as new goals, opportunities and challenges emerge over time.

### Includes

- 1 x 3-hour deep-dive session
- 6 x 90-minute coaching sessions
- 17 x 60-minute coaching sessions
- 6 x 45-minute SOS calls
- 6 x 20-minute brainstorming calls
- email and WhatsApp support between sessions

**Investment: £4,299**

## Mental Fitness Course – Seven Week Programme

Alongside one-to-one coaching, I run a structured seven-week Mental Fitness Course designed to dismantle self-sabotage patterns and strengthen how you respond to challenge.

The course is based on Positive Intelligence, a widely used mental fitness framework that helps people develop greater mastery over their minds.

Many capable people struggle not because they lack intelligence or motivation, but because certain mental habits repeatedly get in the way. These may include overthinking, self-criticism, procrastination, people-pleasing or stress reactivity.

The programme helps you build what might be described as mental muscles — the internal capacities that allow you to stay calm under pressure, make better decisions and follow through consistently on what matters most.

It draws on neuroscience, positive psychology and performance science but the focus is practical skills training for the mind.

This programme can be taken as a standalone course or alongside coaching.

Includes

- 7 weekly sessions (45 minutes each)
- One-year access to the Positive Intelligence app
- Weekly training modules of approximately one hour
- Daily mental fitness practices of around 15 minutes

**Investment: £1,250**

If you are interested in the Mental Fitness Course, the first step is to complete an online tool called the Saboteur Assessment. Once you have completed the assessment we can review the results together in a complimentary call and decide whether the course would be a good fit for you. Get in touch for details

## Stay On Track – Ongoing Coaching

Stay On Track is designed for clients who have completed a coaching programme and want ongoing support to maintain momentum, accountability and focus.

This provides a lighter-touch structure for clients who want regular check-ins while continuing to build on the progress they have already made.

Includes

- 12 x 50 -minute monthly coaching sessions
- 6 x 30-minute SOS calls
- Email and WhatsApp support between sessions
- 10% discount on additional one-off sessions

**Investment: £995**

*Available to clients who have completed one of my coaching programmes*

## One-Off Coaching Sessions

For specific issues, short-term support or standalone coaching. These sessions do not include between-session support or ongoing programme structure.

Includes

- 60-minute session – £140
- 90-minute session – £195

*Block bookings of six sessions are also available with a 10 % discount.*

## Payment

I want coaching to feel simple and stress-free, right from the start. I'm happy to offer monthly payment plans on all programmes to spread the cost in a way that works for you.

Once we've agreed on the programme that's right for you, I'll send over an invoice either for the full amount or your first monthly payment. Sessions are confirmed once payment has been received.

## Cancellation policy

I offer as much flexibility as possible with all coaching programmes

If something changes, you can freeze your programme (in part or in full) for up to a year.