

" I am a Coachathon newbie and it has been a fantastic experience! Great clients who were ready to make big shifts and walked away with clarity, renewed confidence and a plan to make change happen. PLUS helping a worthy cause which filled my cup! Where can I sign up for next year."

- Karen Boyd, Career & Mental Fitness Coach (CPQC)

## 24 hour coaching extravaganza on the 9th of October

Join our global initiative that brings together coaches from around the world for a good cause. By getting involved, you'll have the chance help increase awareness about the transformational power of coaching, learn from others, and make a meaningful impact.

On this global day of transformational coaching, coaches give their time for free, offering 45 minute coaching sessions. For clients, the cost of each session is a \$60 USD donation to MicroLoan Foundation.



**1** Step 1: Submit your interest to the Coachathon team at [contact@mlf.org.uk](mailto:contact@mlf.org.uk) and save the date: Wednesday 9th October 2024.

**2** Step 2: Attend a briefing call to meet fellow coaches and the Coachathon team to find out more before you sign up.

**3** Step 3: You will receive instructions on how to sign up for one of the following coaching categories.

### Leadership

- Executive
- People leaders
- Business

### Career

- Career transition
- Career development
- Public speaking
- Career confidence

### Life

- Confidence
- Resilience
- Mindfulness
- Fitness & Nutrition

**4** Step 4: Add your profile to the Coachathon website with a headshot and bio. Once the Coachathon website goes live, sessions will go on sale to members of the public (as well as corporate teams who have pre-paid for sessions in bulk).

**5** Step 5: Marketing is underway! We ask you to share our pre-prepared Coachathon content within your network to encourage people to book sessions.

MicroLoan Foundation supports women facing poverty in sub-Saharan Africa with financial literacy and business training and small loans to build their own businesses. With a sustainable income, these inspiring mothers and entrepreneurs can afford nutritious food, healthcare, and education for their families.