Jo Marsh Coaching

From tangled to thriving

Coaching for life's transitions

Life can challenge our confidence and leave us feeling tangled.
Jo Marsh Coaching offers the space to understand that tangle and find your way through it, so you can move forward with confidence and purpose.

Coaching might be for you if you're:

- stepping into a new role or taking on more responsibility
- returning to work or considering a change
- exploring what neurodivergence means for you or your family, diagnosed or not
- adjusting to a new stage of life, or simply feeling that something no longer fits

How could coaching help?

- Building confidence and self-belief when taking on new roles and challenges
- Understanding your strengths and how you work
- Approaching change with confidence and clarity
- Increasing resilience and overall wellbeing
- Providing a more authentic and sustainable sense of success

About Jo

Twenty-five years in education, as a teacher, headteacher, governor and adviser, taught Jo what helps people grow, and what quietly holds them back. Her experiences of feeling tangled, alongside lived understanding of neurodivergence, is at the heart of how she coaches so that clients can navigate change and move forward with confidence and purpose.

Let's Start the conversation

Jo offers one-to-one coaching as well as group workshops for teams. Get in touch to see how you can be supported to move from tangled to thriving.

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