

# Taking Control: A Programme for Working Women

## *Are you living the life you know you should be?*

Are you a working woman

- held back by low self-confidence or self-doubt?
- exhausted by trying to do everything perfectly?
- struggling to find harmony between your work and home life?
- juggling work against the messiness of motherhood, menopause, illness or grief?
- saying yes to everyone else's needs but not your own?

If you said yes to any of these questions, you have my complete empathy. I've been there. And now I've created the Taking Control Programme for women just like you. It doesn't ask you to work harder and harder to achieve perfection, or that crazy unattainable goal of work/life balance. Instead, it offers you the opportunity to take control of your options, feelings and behaviours. To define success on your terms. To learn resilience, adaptability and self-compassion, so that you can comfortably live alongside the mess, and the unpredictability of life. All of which will give you the joy of more time and energy to focus on what *really* matters, both at work and at home.

As you'll see from the examples below, the numerous women I've supported testify to the power of working with me, the positive impact it has on their careers, the long-lasting changes they make, and the swift return on investment of their precious time and money.

A Taking Control Programme has five clear steps:

- 1. Goals:** we start by exploring and clarifying your goals, typically how you would *like* to work, and how you would *like* to feel, alongside what you would be doing – and not doing – if you achieved these goals
- 2. Change:** we then work through what needs to change in order for you to achieve these goals
- 3. Strategies:** we will then examine what strategies you need to put in place to achieve the changes you've identified
- 4. Obstacles:** at the same time, we will look at what might get in the way, and how you might overcome these obstacles
- 5. Habits:** finally, we will consider how you can continually strengthen and sustain your new identity through adopting new habits that will really stick.

By the end of this programme you will have:

- redefined what success means to you
- learned strategies to help you adapt to, and overcome, whatever life throws at you
- become better at placing boundaries around your time and energy, prioritising your own needs at work and at home
- acquired the confidence, clarity and courage to succeed in your working life.

## How I work to support you

Recognising my clients differing needs and budgets, I offer three different packages

	Silver	Gold	Platinum
<b>Coaching:</b> hourly sessions via zoom (or optionally face to face at my practice in Oxford)	Six	Ten	Twelve
<b>Guarantee:</b> coaching is highly personal. It's very important to me that you feel comfortable in our working relationship. If, after the first session, you feel that the chemistry isn't quite right between us, I will refund all costs	✓	✓	✓
<b>Calls to action:</b> the recommendation of tasks specific to your needs and circumstances, designed to progress your journey towards your goals, for you to complete before the next coaching session	✓	✓	✓
<b>Access to resources:</b> links to relevant books, articles and podcasts with ideas and strategies to help support and develop your thinking	✓	✓	✓
<b>Tailored support:</b> the option to add additional support, which could be help with developing a strategy; preparing for a presentation; a second opinion on an important report; a funding proposal; a letter to investors; a job application...	✓	✓	✓
<b>Early or late sessions:</b> options for coaching sessions before 9am or after 5pm during the working week			✓
<b>Flexibility:</b> the ability to change sessions at less than 24 hours notice			✓
<b>Check in calls:</b> short, focused (15-30 minutes) calls between sessions			✓
<b>Email support:</b> your cry for help (ideas, strategies, around a situation or challenge that's arisen) will get my prompt email or phone response			✓
<b>Well-being gifts:</b> to remind you of the business benefits that follow when you prioritise your own self-care and well-being			✓
	£ <b>1750</b>	<b>2500</b>	<b>2950</b>

## *Prefer a one-off breakthrough session?*

Do you need to achieve clarity on a particular challenge or cross-roads moment? Would you benefit from a single session to explore your options in a safe, confidential environment?

Do you want to make sure you have the right mindset and strategies for a job interview or career change, etc? I offer single breakthrough coaching sessions for **£199** for 90 minutes<sup>1</sup>.

## *Fancy working as part of a group?*

You might prefer to work as part of a supportive group with like-minded people. I run group workshops and courses that cover a range of topics, such as confidence issues, imposter syndrome, time management, and improving focus, productivity and well-being. I typically run courses which include six to eight weeks of group training and two one-to-one coaching sessions with each individual. These courses typically cost between £500 and £850 per person, depending on numbers, duration and level of additional coaching support. Join my mailing list to find out about future courses:

<https://mariaevans.com/contactus.php>. Alternatively, if you have a pre-existing group, or can put one together, I can create a bespoke package just for you<sup>2</sup>.

## *About me*

I've spent my professional life projecting an appearance of how I thought a working woman should be: calm, confident, professional. Swan-like. Only those closest to me knew how furiously I was paddling underwater.

But now I'm angry. Trying to project that perfect image to the world, whilst hiding everything away (motherhood, menopause, grief, the voices of self-doubt swirling around in my head) left me exhausted. Twice it's led to burnout. And I see too many women doing the same thing.

It may be that some women do glide effortlessly through life. But I've yet to meet one.

So I've rejected the perfectionist swan, working instead to accommodate rather than suppress the messiness of juggling my career and personal life. I now work as a coach, mentor and trainer, empowering self-doubting women to navigate their careers with confidence, clarity and courage. Past and current clients (women changing careers, dealing with redundancy, working through cancer, juggling children or caring responsibilities, muddling their way through the menopause) tell me they value my knowledge, my caring and non-judgemental approach. They appreciate the resources I offer, and the way I encourage stretch and challenge but in a safe, nurturing environment.

I do all of this because I'm passionate about helping women get the jobs they deserve, and then making sure they can stay in them – even when life throws the mess and unpredictability of motherhood, menopause, illness and grief at us. Only then will we achieve genuine equality, diversity and inclusion in the workplace.

If you need help and support on that tough journey, I'm here for you.

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1 Should you then decide you would like further coaching via one of my packages, this fee is deducted from the total cost.

2 I also offer corporate group training and coaching packages; please enquire for more details



## *Want to explore which option might best suit you?*

You can book a free 30 minute meeting: here: <https://go.oncehub.com/MariaEvans>

### *Testimonials*

*I am so pleased I committed my time to do this and am grateful to Maria's careful coaching to help me move towards the life I knew I should be living but never found the time!*

*Maria has been such a positive force in my life just when I needed it! At a stage in my life when I knew a change was needed but had no idea what, the coaching sessions with Maria have given me the energy and confidence to move forward.*

*It was an absolute pleasure working with Maria Evans at a point in my career where I felt stagnant and lacked the confidence to move forward. She is inspirational in her coaching style... and, through adept questioning and genuine listening, she took me on a reflective journey that surprised and empowered me.*

*You made me feel welcomed, valuable and comfortable from the start and the community of women were bonded by the kindness of your nature and relaxed (but efficient) delivery style, which gave us all equal footing and voice. Thank you for leading us with such insight and honesty, it really was refreshing to have an expert be open and real about their own journey through work and life.*

*I was looking forward to this course but was really surprised by the changes I was able to make literally over night that made a significant difference to the way I worked and my sense of achievement. Following my first session with Maria I put in place time-management and self-care activities that enabled me to be more in control of a massive workload and stopped me feeling like I was spiralling out of control. Maria's thoughtful and focused approach helped me to look effectively at a number of demands in my life and sort out what I needed to do to bring my work into control and successfully complete it.*

*The incredibly safe and nurturing (virtual) space Maria provided really helped me to explore possibilities, better understand myself and what really works for me. All of this enabled me to set meaningful goals in achievable ways. I have established meaningful relationships to support my next steps and the generous library of resources will be part of my toolkit throughout my journey!*

*I joined the course because I wanted to identify goals and map out a way to achieve them – this course gave me that and so much more. I cannot recommend Maria's coaching and courses enough*

**Dr Maria Evans FRSA**

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