

Access affordable, professional coaching for your team

coachathon

ICF United Kingdom
Charter Chapter

Executive
Coaching
Consultancy

Coachathon is a 24-hour coaching extravaganza taking place on 9 October 2024. Professional coaches from around the world come together to provide 45-60min coaching sessions for a £50 donation to MicroLoan Foundation. This year we are working with over 200 coaches to provide more than 1,000 coaching session.

"We participated in the Coachathon and have received fantastic feedback about the impact it has had on individuals – light bulb moments, happy tears, greater clarity, empowering, practical tools and renewed focus are all words used by participants. Can't wait to get involved again!"

- Hitachi Energy UK & IE

Give the gift of coaching to members of your team.

Access one-to-one coaching with an expert coach of their choice for only £50



- 1 Step 1: How many tickets would you like to purchase (min 10)? Let our team know - you can reach the Coachathon team at contact@mlf.org.uk
- 2 Step 2: We will confirm your payment options to make your donation.
- 3 Step 3: You will receive your internal communications package, including step-by-step instructions for your team to choose their coach and book their sessions.
- 4 Step 4: All coaching sessions will take place on Wednesday 9th October 2024. Your team members will liaise with their chosen coach to confirm a time slot that suits.

Previous corporate Coachathon participants



[MicroLoan Foundation](#) supports women facing poverty in sub-Saharan Africa with mentoring, 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.

This year we're also offering team and group coaching sessions

Team Coaching

£375 for a 1hr 30min team coaching session for 10 people

Team Coaching empowers teams to work toward sustained high performance and ongoing development, requiring innovation, flexibility, adaptability and goal alignment. Team Coaching requires partnering in a co-creative and reflective process with a team on its dynamics and relationships in a way that inspires the team to maximize their abilities and potential in order to reach their common purpose and shared goals.



Team coaching is offered by either Dennis Kight or Gabrielle Metz

Dennis is a certified Executive Coach and holds a certificate in Systemic Team Coaching. He received a Masters Degree in Organizational Psychology from Columbia University, and is a member of the Forbes Coaches Council, a global organisation representing the World's Top Coaches. Dennis has more than 20+ years of work experience with some of the largest technology companies in the world.



Gabriele is a certified Organization and Relationship Systems Coach and MBTI Facilitator with more than 25 years of work experience in various HR functions and industries. In her role as Global Head of Leadership Transformation with Ericsson, she is leading the global evolution of Ericsson's culture. The success of this project has led Gabriele to being recognized as one of Ericsson's Top 130 Most Impactful Employees.

Group Coaching

£375 for a 1h 30min group session for 10 people

Group Coaching brings together individuals with common personal or professional goals, helping them achieve these goals individually. Group coaching fosters personal growth and skill development for each individual in the group, regardless of team affiliations.



Group coaching is offered by Christina Zini

Christina is a leadership coach with over 25 years of global experience in coaching and developing leaders at all levels. She has worked with numerous Fortune 500 companies and high-profile organizations throughout her career. Clients are drawn to Christina's inquisitive, intuitive, and inspirational coaching style and ability to adapt her style in support of her clients' self-actualization.