

Online coaching proposal

John Slater

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<https://www.jsrladvisory.com>

+44 7510 007667

John.slater@jsrladvisory.com



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Individual Coaching/Team Coaching

- Career
- Life work balance (a better balance)
- Management essentials including Emotional Intelligence
- Effective messaging and listening
- Avoiding burn out
- Challenging you to be the best you should be for you and others

Who is John Slater

Short Career History (see more on [LinkedIn](#))

I have made mistakes, I have had successes, I have had my ups and downs in life, and all made me a better person than I was.

I have seen and used many models for many things, and the best were the simplest.

A career spent demystifying what others call complicated

Developing others and giving back are my purpose

- 2 years teaching management practices at Masters level (London)
- 2 years providing consultancy services [<https://www.jsrladvisory.com>]
- 39 years in the energy industry
- 20 years in senior roles continually improving performance (people and the bottom line)
- Senior Project Team member and manager for hazardous industry projects from \$250MM to \$Billions
- Leadership experiences developed for multiple companies in multiple cultures
- Developing Leaders across multiple geographies
- Board member
- Advising boards and executive management on risk and operating resilience
- Delivering performance improvement in multiple cost constrained environments
- Led responses top global resilience challenges including 9/11, the rise of ISIL, pollution incidents as well as COVID
- Developing resilient company cultures
- Maturing companies through cultural evolution across multiple geographies
- Developed pragmatic resilience and operating management systems
- Developed risk and resilience management programs in multiple companies
- Extensive incident investigation and crisis management experience across multiple geographies.

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Coaching mode of delivery

Before you pay anything

All journeys start at the start.

Before embarking on any journey with John, an initial 30-minute video call is encouraged to establish:

- Your expectations from a coaching relationship
- A description of the “you, you want to be” in six months’ and/or a years’ time.
- Is John Slater the right coach for you – your decision?
- Is Leading from Within the right way for you to learn – your decision?

Coaching Options:

- **Leading from Within only**
- **Coaching only**
- **Leading from Within with Coaching sessions**

I am happy to enter a one-on-one coaching relationship outside Leading from Within © if, after the exploratory call you want to discuss multiple matters that you decide I can assist with.

I have also built my experience into a modular program you can view at leadingfromwithin.graphy.com and if we enter a coaching relationship, you will receive 50% off this Experience of 15 modules.

leadingfromwithin@graphy.com

You can email John at john.slater@jsrladvisory.com to schedule a meeting.

Time differences are not a barrier.

Leading from Within Modules

John has developed multiple modules as part of the program he runs called Leading from Within © based on the simple premise, **that to understand your impact on others you must understand and know yourself first.**

The preferred mode of delivery is to provide base material in the form of videos and/or slides in areas a person or company want to progress on the understanding that the first.

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A full description of Leading from Within follows:

Who is Leading from Within for?

Everybody, at any level of any company, who plays any role in a family, work or society will benefit from the modules, learning and competence. Anyone looking for a career boost, or dealing with a difficult work environment



Leading from Within purpose

Leading from Within **was never meant to be a training program**. From the outset it was called an experience. Leading from Within is a series of modules that takes you through a **journey of self-discovery** using lessons and knowledge from my experience in work and life, as well as knowledge from many other sources and people far more knowledgeable than me.

The goal is to take you through this journey **in your time**, bringing knowledge and experience together to develop competence. You can read my LinkedIn page and I am not going to repeat my work experience here, as this journey uses my **experience and learning from interactions with PEOPLE**.

Although there is no real fast track change you can make in your impact on others, there will be modules that will enable a focus on areas you need to develop as opposed to others.

PEOPLE are impacted by you in your life every day, in a positive or negative way, and we are usually too unaware of what we do, say, how we behave, how we gesture and message and the impact on others.

Your impact on others is the second part of this experience, as **to understand your impact, you first must be aware of your own emotions** and how stimuli in life trigger your emotions, and how you react to those emotions. Do you let the emotions control you, or can you balance the emotion with the potential impact on those around you.

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Module structure

Each module **starts with an introduction** and some slides from me. I will only present the slides I think you need to kick off your learning experience and have tried to limit the slides to as few as possible with the average module video at 17 minutes.

I will provide you with **three references** (further reading) you can go to if needed to do more reading around the subject, and indeed I encourage you to visit the links provided and others.

The practice stage is at your own pace and should not be rushed. Practicing a single area of knowledge to bring it from knowledge to competence will take everybody different amounts of time. For some it will be weeks and others months. There are no right or wrong number of weeks or months. As we will explain we are all created and live different lives.

On purpose I would like you to create your own list of ways you will practice the tasks, and with who. If you have a difficult colleague you struggle with, you may choose to practice Empathy or Emotional Balance with them and see how you do.

Those around you will see a difference in how you behave and we will look at how you may understand the change in your impact.

Coaching sessions on line can be at your own pace and scheduled as early or as late as you need. Coaching online sessions will be one hour at a time and never more, to allow the ideas to sink in to your brain and not overload it with “new.”

Pricing

I work on trust and respect.

Prices are in UK pounds and will be charged at the rate set by the payment platform STRIPE on the day.

Payment can be multiple methods through Stripe Payments, a secure international payment method.

If we enter a coaching relationship of three or more sessions you receive 50% off Leading from Within.

First 30-minute exploratory call free

Packages for one-on-one coaching

1 to 2 programmed sessions £40 for 60 minutes

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3 or more programmed sessions £35 each 60-minute session

Hourly calls over google meet or zoom (you choose)

Online and face to face presentation of Leading from Within modules, or indeed of the entire experience is possible on agreement and pricing to be agreed.

If you require coaching for multiple persons, please contact me to discuss pricing

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