



Being at your best both physically , emotionally, and mentally means you are able to perform at your best at work.

Coaching is about looking at goals, identifying blocks and strategizing on concrete measurable targets to help you achieve success.

Our aim is for you to improve and expand your existing skills for your business.

Can coaching be claimed as a tax-deductible expense?

Its always advisable to speak to your accountant before you begin but there isnt a black-and-white answer, unfortunately.

Check out current resources;

<https://www.linkedin.com/pulse/can-business-coaching-claimed-tax-deductible-expense/>

<https://www.gov.uk/expenses-if-youre-self-employed/training-courses>

I am happy to invoice your company once a month for expenses incurred (coaching sessions used) during the period. With payment terms of 30 days applicable.