

Business coaching

**TO TRANSFORM THE WAY YOU
WORK, LIVE AND PLAY**

Ascend360  Igniting
Growth





We believe that everything you need to succeed is already inside of you. Our role is to help you ignite it.

OUR APPROACH

Our business coaching programs are designed to give you the edge when it comes to accountability, action and results. We do this by helping you cut through the bullshit (and excuses), with clarity and direction - so you can build the business and life you want.



As someone who has worked with people to improve themselves for more than 16 years, and with my background in the Royal Marines, I know how vital enjoying the important things in life is.

I help you remove barriers and navigate your busy life so you can take the time to improve and develop.

I will never ask you to do anything that I am not already doing or have done in the past. 100% transparency and 100% authenticity.

ROSS COONEY

**FIND OUT
MORE**



INFECTIOUS ENERGY INSPIRATIONAL FIERCE RESOLVE ENERGISING



JONATHAN MILLS

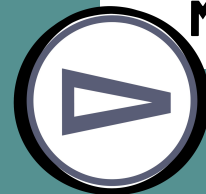


Working for yourself, whether you are at the top of your game or just starting out, is a lonely path.

Having been in business since I was 18 I wholeheartedly understand how it feels to make mistakes within business. In fact, I have probably made most of them.

Being part of our community means that you can benefit from the lessons I have learnt, avoid the mistakes I have made and short cut your route to success.

**FIND OUT
MORE**



STRAIGHT TALKING

PASSIONATE

CREATING OPPORTUNITIES

SEEING POTENTIAL

HOW WE DO IT

We work with you as an accountability partner.

Think of us as your cornerman, on hand as a sounding board to bounce ideas around, providing candid feedback and extra support when you need it.



OUR SERVICES

BUSINESS COACHING GROUPS

We combine the formal aspects of business leadership with the informality of life.

Our business coaching group sessions are designed to show you how to take ownership of your mindset and body to take your business to the next level. While peer-to-peer support provides valuable accountability and advice to give you more success in all areas of life.

ONE-TO-ONE COACHING

Do you struggle to carve out time to work on yourself or focus on the future direction of your business?

Personalised one-to-one coaching is dedicated time to focus on transforming the way you work, live and play, giving you that little bit extra edge when it comes to accountability, action and results to achieve more success in business and happiness in life.

This option is ideal if you need that extra focus or edge.

Don't take our word for it

“Our profit is the most healthy it’s ever been... because of the things i’ve been taught”



ROSS COONEY
FOUNDER ASCEND360



What our clients say

“It’s had a very positive impact on my business”



SAM DEMUTH
NATIVE MORTGAGES, BUSINESS OWNER



ANDREW PATTON
PATTON GAS PLUMBING & HEATING, BUSINESS OWNER

Intrigued?

BOOK A CALL TODAY!

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