

Eudemonia Coaching Ltd.

AN INVITATION

Clarity is a *practice,* not an event.

A short introduction to the work — prepared for a person curious about coaching, and not yet sure where to begin.

Prepared for

Eudemonia Coaching Ltd. · Jo Dourou Schrader

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A NOTE, BEFORE
WE BEGIN

You don't need to be in crisis to want a different kind of conversation.

Most of the people I work with are functioning beautifully, on paper. The job is good. The relationships are fine. And still, something is asking to be looked at — quietly, and not yet urgently.

What follows is an honest description of the work, the shape of a typical engagement, and a small first step. There is nothing to commit to. Read it the way you'd read a letter.

— *Jo*





YOUR COACH

Jo Dourou Schrader

Strategic interventionist life & executive coach

I've spent more than a decade helping people make considered changes — to a career, a relationship, a chapter of life — without losing themselves in the process.

I trained at Tony Robbins' RMT Centre and hold studies at the University of Edinburgh and Harvard Business School. The conversations are slow. The work is exact.



BACKGROUND

A practice built slowly, on real things.

Credentials matter less than the conversations they made possible.
They're listed here as facts, not slogans — because you should know
who you're hiring.

Coaching

Robbins Madanes Training Centre

Certified Strategic Interventionist — Tony Robbins' coaching school.

Academic

Edinburgh & Harvard Business School

Advanced studies in leadership and organisational behaviour.

Recognition

200 Global Power Leaders, 2024

Listed for contributions to coaching and portfolio leadership.

Practice

10+ years, hundreds of clients

Across personal life, career transitions, and business growth.



Three quiet places the work tends to begin.

i.

Life balance & wellbeing

Harmony, energy, and the version of you that's been waiting.

- Reclaiming time and attention
- Managing anxiety and overwhelm
- Habits that hold under pressure
- Re-finding rest, not just sleep

ii.

Career advancement

A working life that fits the person you've become.

- Decisions about the next role
- Leadership presence and influence
- Starting or shaping a practice
- Untangling work from identity

iii.

Relationships

Connections that are honest, fulfilling, and chosen.

- Communication that lands
- Boundaries, said kindly
- Repair after rupture
- Choosing the company you keep





“

I work with people who are tired of the version of themselves they have outgrown — and who would rather build the next one on purpose.

Jo Dourou Schrader · on the work



WHAT A SESSION LOOKS LIKE

Online, one to one, calm.

- i.* **We open with where you are**
Five minutes of arriving. What's true today, not the headline version.
- ii.* **We choose one thing**
From everything in the room, we pick the question worth the hour.
- iii.* **We work it through**
Practical tools, considered questions, and the occasional inconvenient truth.
- iv.* **We close with one small commitment**
Something you can actually do this week — not a transformation manifesto.



Five ways to begin.

All sessions are held online. There is no minimum commitment, and nothing renews automatically.

Service	Format	What it's for	From
Initial consultation <i>recommended starting point</i>	Online · 30 min	A conversation to meet, see if we fit, and shape what you'd want to work on.	Free
30-minute session <i>for busy weeks</i>	Online · 30 min	A focused half-hour for one specific question — useful between bigger sessions.	£40
1-hour session <i>the standard hour</i>	Online · 60 min	The working hour. Room enough to open something properly and close it cleanly.	£79
Transformation plan <i>considered, six-week arc</i>	Online · multi-session	For working towards a real life decision, with structure and continuity.	£195
Monthly wellness workshop <i>small group, themed</i>	Online · Saturday	A monthly hour on one theme — energy, attention, communication, rest.	£35



RECOMMENDED FOR YOU

Begin with an *initial consultation.*

A thirty-minute conversation, online, with no expectation of what comes after. Most people who go on to work with me start here.

Format	Online · video call
Length	30 minutes
Cost	Complimentary
What we'll do	Meet, listen, and see if there's a fit.



In their own words.

“

Jo is a superb listener — incisive, very present. She challenged me, helped me step into new ways of thinking, and let go of the habits that didn't serve me. Finding her has been life-changing.

Mary Thompson

“

You guided me on what platform to use, how to narrow my audience, how to look after myself so I don't burn out. You did so much, in such a short time. I'm going to miss being coached by you.

Lilas Mekinawe

“

I'd been emotionally stuck — recounting old disappointments. Jo was empathetic, constructive, and gave me genuinely affirming perspectives. I came away recentred on what I'm deserving of.

Courtney Ludlow



The shape of a twelve-week arc.

A typical engagement after the initial consultation. It is a guide, not a script — the work follows you, not the other way round.



Based on 60-minute sessions · async support between

Flexible duration & length of engagement by arrangement



IF SOMETHING HERE MET YOU

Begin a *conversation.*

No commitment, no pre-reading, no script. Bring whatever's there — we'll spend thirty minutes on it together.

Email

contact@eudemonia-coaching.com

Book online

eudemonia-coaching.com/book-online

Instagram

[@eudemonia_coaching](https://www.instagram.com/eudemonia_coaching)

In your own time

There is no urgency. Only when you're ready.

