

CASE STUDY

Kate Thorpe Therapy & Coaching



Kate Thorpe is a therapist and stress management coach based in Glossop, High Peak. Her passion and purpose is to help people overcome the sometimes devastating effects of stress, anxiety, and other mental and emotional health conditions. Kate is a great believer in training and development and initially enrolled on the D2N2 Starter programme in January 2017. Kate's main aim was to raise the profile of her business, seek connections and new customers, plus learning about all aspects of running a business. Since then she has taken advantage of D2N2 Growth Hub services including an initial workshop, 1-1 business review and attended seminars and workshops on many different aspects of business development. Through the D2N2 Growth Hub Kate has also participated in partner events at Marketing Peak District. Kate has benefitted from her association with the D2N2 Growth by raising her profile through exhibiting at the Building Resilience and Wellbeing for Growth event in May 2018 and speaking at a well-received workshop 'The Truth about Stress and How to Manage It' in Mansfield where she received excellent reviews.

“When I embarked on my new business following a career as a Solicitor I had no idea how many new skills I would have to learn. In the corporate world there is always support with IT, finance and marketing – I use the D2N2 Growth Hub to learn these new skills and to assess my progress. Although still learning, it's great to know that I can ask the Growth Hub for guidance as new issues arise. I have now established my business and am seeking to grow with their support.”

KATE THORPE, Kate Thorpe Therapy and Coaching

KEY POINTS

Support

- Enrolled on the D2 Starter programme
- Engaged with D2N2 Business Adviser
- Attended various Growth Hub workshops and events
- Presented at Growth Hub workshop

Outcome

Kate's support network is now in place and she has received exposure to new contacts and businesses. She has gained invaluable learning on aspects of marketing and market research, finance and available funding, business planning, internet and online marketing.

info@d2n2growthhub.co.uk

0333 006 9178

www.d2n2growthhub.co.uk