

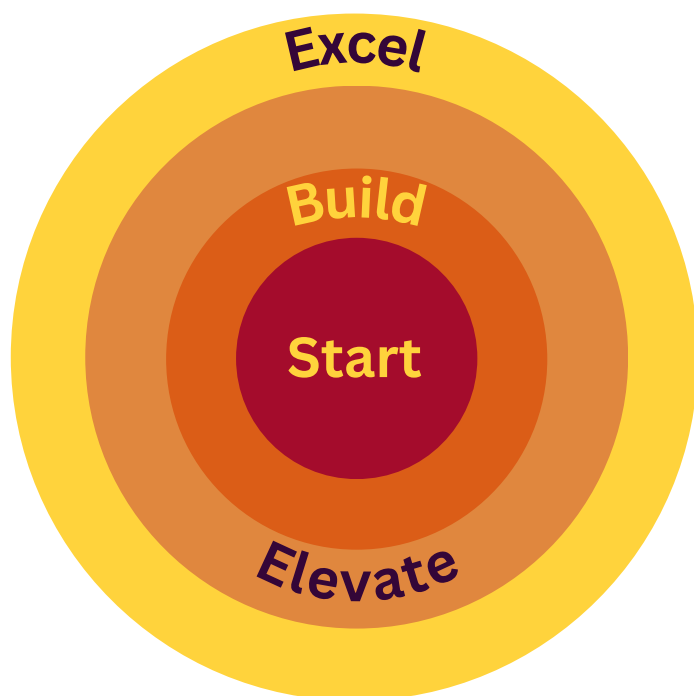


Saffron Support

Business Support & Micro-Training

Real support for real people — wherever you're at in your business journey.

We offer business mentoring, micro-training, and accountability that fits around you.



Four levels of support — pick what fits your goals, time, and budget.

Start: Quickfire, no-commitment sessions on any topic

Build: Light-touch structure for set-up and momentum

Elevate: Regular support with tailored reviews and strategy

Excel: Full mentoring, skill-building, and tailored development

Who is this for?

🌱 Just starting out and unsure what to do first?

📊 Hit a wobble and need structure or clarity?

📈 Ready to grow but need accountability and skills?

🔄 Feeling stuck, overwhelmed, or just want someone to bounce off?

All Rates are + VAT and will also include

A monthly report with working hours.

Invoice sent on/around the 1st of each month

Hours will be pro-rata over the retainer periods and any additional costs will be raised as an extra.

Start

No retainer – book what you need, when you need it
Covers any core topic: content planning, pricing, mindset, systems, marketing, etc.
Monthly 1-hour Reviews, Upskilling Sessions or Digital Check-ins available individually

Flexible, no-commitment support for any theme we cover.

Build

Free consultation
2-hour fact-finding & action planning session
3 x 15-min digital check-ins per month

Online coaching to support your business set-up and running.

Elevate

Free consultation
2-hour fact-finding & future planning session
3 x 15-min digital check-ins per month
1 x 1-hour monthly review (in-person)
10% discount on 1 full-day course per month

Ideal for freelancers, creatives, or small teams building something sustainable.

Excel

Free consultation
2-hour fact-finding & goal-setting session
3 x 15-min check-ins per month
1 x monthly in-person review (1 hour)
3 x 2-hour upskilling sessions per month (topics of your choice)
Unlimited 10% discount on all training courses
Access to a private mentor scheme

For those ready to scale up, deepen skills, or grow with expert backup.

Add Ons

Monthly Reviews (1 Hour)
Upskilling Sessions (2 Hours)
Private Mentor Scheme Access
Back of Office Support Pack

Additional hours billed separately
+ VAT.

All support includes a monthly working hours report.

Business Setup & Strategy

- Business planning & idea validation
- Pricing strategy & costings audit
- Offer design (packages, sessions, products)
- Cash flow, budgeting, and basic finance support
- Policies, systems, and workflow support
- Boundaries, scheduling, and sustainable working

Marketing & Content Planning

- Social media strategy (platforms, posting plans)
- Content calendar creation & content batching
- Reels training, caption writing & Canva coaching
- Branding: tone of voice, storytelling, and presence
- Website basics & messaging review
- Audience engagement & community-building

Confidence & Personal Development

- Imposter syndrome, confidence building
- Boundaries & burnout support
- Work-life balance & neurodiverse-friendly systems
- Values-led business planning
- Motivation, accountability & self-leadership
- Communication coaching (especially for small teams)

Micro-Training & Upskilling

- Canva basics & design principles
- Reels creation & visual storytelling
- Using AI tools to support your business
- Writing bios, service descriptions, and pitches
- Email writing, newsletter planning & outreach
- Running events, pop-ups, or markets
- Training others: how to plan & deliver sessions
- Community or peer group facilitation skills

Events & Outreach

- Running a market stall or pop-up
- Speaking at events or workshops
- Collaborating with others: joint offers or launches