

COACHING WITH PAMELLA

10 Smarter Ways to Leave Your 9to5 Without Risking Your Income

For Life Coaches

A smarter way to transition into your coaching business, on your terms

Welcome!

Hey Coach,

I've been exactly where you are. Building your coaching business alongside your 9to5... trying to make something meaningful work in the pockets of your day.

And at the same time, there's this constant question sitting in the background:

"How much longer can I actually do this?"

Because you don't want to stay in your 9to5 forever. You want to be coaching full-time. But you also don't want to make a decision you're not ready for.

That's where most Coaches get stuck. You might think your only options are:

X Stay where they are

X Or quit and go all in

And neither of those actually feel right. I see this all the time with Coaches, and they share they feel split in two, possibly frustrated, stretched, and second-guessing everything.

This guide is here to change that. You have more options than you think.

Here's what inside...

Inside this guide, you'll find 10 different alternatives to staying in your 9to5 while building your coaching business.

These are practical, real-world options that you can seriously consider, all examples of options I've guided clients through before they go full-time in their business, and some returning to these options having already gone full time in their business.

For each option, you'll see:

- What it actually looks like in practice
- How to approach it in a way that works for you and your current situation
- And how going through each of these experiences strengthens you as a life coach
- What to consider before making any changes
- The pros and cons so you can think about it realistically

Because this isn't just about your 9to5. It's about how you:

- make decisions
- navigate uncertainty
- advocate for yourself
- and lead yourself through change




Which is exactly what your future clients will need support with too.

Why This Is Powerful

You likely wish you just need more time to build your coaching business so you're thinking about going 'All-In'

When you only see two choices, everything feels heavy, urgent, and like it has to be figured out right now.

But when you start to see there are multiple options you can start to put a plan in motion that allows you to maintain a source of income while building your business around the 9to5.

 When you see only 2 choices Everything feels heavy, urgent and impossible to decide.	 When you see multiple paths You stop reacting and start making intentional decisions.	 The real goal here Not to escape your 9to5, but to outgrow it strategically, on your terms.
---	--	--

This Is For You If...

- ✓ You're building your coaching business alongside your 9to5
- ✓ You want to go full-time, but you're not fully replacing your income yet
- ✓ You feel like your 9to5 is getting in the way, but you're not in a position to leave
- ✓ You've caught yourself thinking "I just need more time"
- ✓ You want to make smart, grounded decisions, not emotional ones

By The End of This Guide, You Will:

- 01** See 10 real alternatives to your current 9to5 (most people never explore these)
- 02** Understand how to create more time, flexibility, or income while building your business

03 Start seeing your 9to5 as something you can use strategically, not something that's in the way

04 Think about going full-time in your coaching business in a completely different way, so you're not making decisions from pressure

Your 10 Options

1 GO PART-TIME

Going part-time is often the first option people think about and for good reason. It's one of the most accessible ways to create more time without completely removing financial stability. But part-time doesn't have to mean a standard 3 or 4-day week. It could look like compressed hours, reduced responsibilities, or even a temporary arrangement while you build momentum in your coaching business.

The key here is how you position it. This isn't just a personal request. It's a business conversation. Approaching your employer with a clear rationale, showing how your output will remain consistent, and framing it as a mutually beneficial adjustment makes a significant difference. It also requires you to get clear on what you would actually do with that extra time because more time doesn't automatically equal business growth without intention.

How this benefits you as a Coach:

From a coaching perspective, this is powerful. You learn how to advocate for yourself, navigate conversations around value, and make decisions that balance stability with growth. These are the exact conversations your future clients will need support with, especially those who feel stuck between staying where they are and making a change.

✓ PROS

A favourite with the least disruption. Especially if you like your current team, role and company. More time to focus on your coaching business.

✗ CONS

Reduction in salary.



Great if: you want to create immediate time without completely removing financial stability.

★ **Advantage:** You're buying back time in a way that still supports your long-term transition.

2 GET A PROMOTION

A promotion isn't always the obvious choice when you're trying to leave your 9to5, but it can be one of the most strategic. Increasing your income within the same time structure can reduce financial pressure significantly, giving your business more space to grow without needing immediate results.

That said, this isn't about climbing the ladder for the sake of it. It's about assessing whether the next level actually gives you more leverage, whether that's financially, in terms of autonomy, or in how your time is structured. In some cases, more senior roles come with greater control over your calendar, decision-making, and workload, which can be used intentionally to support your transition.

How this benefits you as a Coach:

As a coach, this builds your ability to think long-term rather than react emotionally. It also challenges the belief that moving further into corporate is the opposite of moving towards your business. In reality, it can be a strategic move that strengthens your position and gives you more options, not fewer.

✓ PROS

More money within the same time frame. At Director level or above, often less day-to-day involvement and more autonomy.

✗ CONS

Could require more energy and increased responsibility, which may require recovery time in the long term.

👉 **Great if:** you need more income but want to stay in your current environment while you build.

★ **Advantage:** You're strengthening your financial runway without having to look elsewhere.

3 RE-NEGOTIATE YOUR CURRENT JOB

Re-negotiating your current role is one of the most underutilised options. Many people accept their role as fixed, when in reality, there is often more flexibility than they realise, whether that's salary, workload, responsibilities, or support.

This requires you to step into a different level of ownership. Instead of waiting for things to change, you actively assess what isn't working and initiate a conversation around it. That might look like asking for a pay increase, requesting additional resources, redefining your role, or addressing areas where you're under-supported.

How this benefits you as a Coach:

There's also a mindset shift here. This is about recognising your value and being willing to advocate for it. And that directly translates into your coaching. You become someone who doesn't just guide clients through change. You've actually navigated it yourself, including the discomfort, the conversations, and the decisions that come with it.

✓ PROS

Earn more, stand up for yourself, and claim your worth. Nothing significant changes in your day-to-day responsibilities. A great opportunity to face rejection and grow.

✗ CONS

Time lag between the negotiation and receiving. May involve supporting a new resource during transition.



Great if: you feel underpaid and want to optimise your income without changing roles.



Advantage: You're building the confidence to advocate for yourself — a skill that directly transfers to your business.

4

DOWNSKILL YOUR ROLE

Downskilling can feel counterintuitive, especially if you've spent years building your career. But strategically reducing responsibility can create more capacity, mentally and emotionally, which is often what's needed when you're building something new.

This might look like moving into a less demanding role, stepping away from leadership responsibilities, or choosing a position that requires less decision-making. It's not about going backwards. It's about creating space where you need it most.

How this benefits you as a Coach:


One of the biggest considerations here is identity. Your title, your level, and how you're perceived may shift. That can bring up resistance. But working through that is part of the process and incredibly valuable as a coach. You develop a deeper understanding of identity, ego, and what it actually means to build a life that aligns with you, not just your external achievements.


✓ PROS

May negotiate a higher salary band or maintain your current salary. Less responsibility means less stress and more mental bandwidth for your business.

X CONS

Your ego may not love the change in title. You'll need to position yourself carefully to avoid being overlooked for being overqualified.

 **Great if:** your current role is draining your energy and you need breathing room to build.

 **Advantage:** You're trading status for sustainability — and that's a smart, strategic move.

5 DELEGATE

Delegation isn't just for business. It applies to your 9to5 as well. As you grow in your career, there are often more opportunities to delegate, outsource, or streamline your workload than you realise.

This could involve redistributing tasks within your team, leveraging junior support, or introducing tools and systems that reduce your manual workload. The focus here is on working more efficiently, not just working less.

How this benefits you as a Coach:


The key consideration is responsibility. Delegation doesn't remove ownership. It shifts how you manage it. You're still accountable, but in a different way. Learning to do this well is a skill, and one that directly supports your growth as a coach and business owner. It teaches leadership, communication, and how to create capacity without dropping standards.


✓ PROS

Provides opportunities for your team. Fewer tasks on your plate. Could free up significant time and mental energy.

X CONS

Managing those you delegate or outsource still requires oversight, responsibility and possibly budget.

 **Great if:** you have authority or budget to redistribute tasks but haven't fully utilised it yet.

 **Advantage:** You're reclaiming time and energy without changing your role at all.

6 CHANGE ROLES

Changing roles, either within your current company or externally, can completely shift your experience of work. A role that aligns more with your strengths or interests can feel significantly less draining, even if the hours are similar.

This is an opportunity to reassess what you're actually doing day-to-day. What skills do you enjoy using? What environments suit you? What kind of work feels energising rather than depleting? These questions matter, especially when you're trying to preserve energy for your business.

How this benefits you as a Coach:

From a coaching perspective, this builds awareness around alignment. You're not just helping clients make changes. You understand what it takes to find the right fit, make decisions, and navigate transitions in a practical, grounded way.


✓ PROS

Creates new opportunities, access to a new network (potential clients!) and a chance to leverage new skills.

✗ CONS

Job searching is time and energy-consuming, plus there's a settling-in period. Consider your short to mid-term priorities carefully.

 **Great if:** your current role is no longer aligned with who you're becoming as a coach.

 **Advantage:** A new role could energise you and expose you to a whole new pool of potential clients.

7 PURSUE ALTERNATIVE SIDE HUSTLES

While your coaching business may be the long-term goal, additional income streams can reduce pressure in the short term. This could include existing side projects, passive income streams, or opportunities that generate revenue without requiring the same level of emotional investment as your coaching work.

The key here is intention. Not all side hustles are equal. Some will support your long-term vision, others may distract from it. The goal is not to do more. It's to create financial breathing room in a way that makes sense for you.

How this benefits you as a Coach:


This also expands your understanding of business. You start to see different models, different ways of generating income, and how to balance multiple priorities. That perspective is incredibly valuable when supporting clients who are navigating similar decisions.


✓ PROS

Increases existing income streams. Develops entrepreneurial thinking and business skills that feed back into your coaching.

✗ CONS

Any additional side hustle still requires time, energy, resources and financial investment — consider whether it competes with your coaching focus.

 **Great if:** you have an existing passive or semi-passive income stream you haven't fully maximised.

 **Advantage:** You're building financial resilience while also sharpening your entrepreneurial mindset.

8 START FREELANCING

Freelancing allows you to leverage your existing skills in a more flexible and often higher-paid way. Instead of being tied to a fixed salary, you're able to charge for your expertise, choose your projects, and have more control over how you work.

This can be a strong bridge between employment and full-time business. It introduces you to client acquisition, pricing, and managing your own workload, all of which are directly transferable to coaching.

How this benefits you as a Coach:


There are considerations around consistency and stability, but that's also part of the learning. You develop resilience, adaptability, and a deeper understanding of how to generate income independently, all essential skills as a coach building a business.

✓ PROS

Earn more doing the same or similar work, more flexibility and less long-term commitment. Access new networks and expand your experience.

✗ CONS

May be less financially reliable than a permanent contract, especially in the early stages.

 **Great if:** you value flexibility and want to earn more while having greater control of your time.

★ **Advantage:** Freelancing builds your business mindset and opens doors to clients — all while keeping income coming in.

9 CORPORATE WORKSHOPS

Corporate workshops are a powerful way to combine your coaching skills with your existing professional environment. Delivering workshops allows you to position yourself as an expert, generate income, and gain experience working with groups, all while still in your 9to5.

This approach also expands your visibility. You're no longer just an employee. You're someone who brings additional value and expertise. That shift in positioning can open doors, both within your organisation and externally.

How this benefits you as a Coach:

From a coaching perspective, this builds confidence in delivering, speaking, and selling. It strengthens your ability to communicate your value and work with different types of clients, skills that are essential as you grow your business.

✓ PROS

Can be well paid and a great opportunity to develop public speaking, pitching and selling skills in front of audiences.

✗ CONS

May be less consistent to come by and harder to secure regularly.

👉 **Great if:** you're ready to start showing up as an expert and want to practise coaching in a paid, professional setting.

★ **Advantage:** You get paid to build your brand, refine your coaching skills and create warm leads all at once.

10 GET HIRED AS A COACH

Getting hired as a coach, either within your organisation or externally, is a direct way to start doing the work you want to do while still maintaining a level of stability.

This could look like internal coaching roles, external organisations, coaching platforms, or training opportunities. It allows you to develop your skills, gain experience, and build confidence in your coaching ability without relying entirely on your own business to generate income.

How this benefits you as a Coach:

The key consideration is alignment. Not all coaching roles will reflect how you want to coach long-term, but they provide valuable experience and exposure. As a coach, this helps you refine your style, understand different client needs, and build a foundation that supports your future business.

✓ PROS

Continue developing your coaching skills while doing what you love. A direct bridge between corporate and your own business.

✗ CONS

May be harder to secure enough income to replace your full-time salary, especially in the short term.

👉 **Great if:** you want to spend more of your day actually coaching while your own business grows in the background.

★ **Advantage:** You're building real coaching hours, credibility and confidence — all of which accelerate your business.

The Shift Most Coaches Need to Make

At this stage, it's easy to believe: "I just need to get out of my 9to5"

But the real shift is this:

When You RUSH

- ✗ You create pressure
- ✗ You rely on your business too quickly
- ✗ You make decisions from urgency

When You DESIGN It

- ✓ You build from a place of stability
- ✓ You make better decisions
- ✓ You give yourself space to grow properly

How to Start Using This Practically

01 Identify what you need most right now

More time? More income? Less pressure? More clarity on how to sign 1:1 clients?

02

Choose ONE option to explore

Not all 10. Just one. Pick the option that speaks to your situation today.

03

Look at how your 9to5 could support you

Instead of asking "What's in my way?" start asking "What could this make possible for me?"

These shifts alone changes everything.

A Completely Different Way to Think About Going All-In

I hear coaches all the time say they want to take the leap, they want to go 'All-In' and they don't feel like they can create the money, clients or results they desire because their day job and 9to5 are in the way.

Going ALL-IN is NOT about:

- ✗ Quitting your job
- ✗ Taking a leap
- ✗ Making a decision from pressure

ALL-IN IS about:

- ✓ Building something that actually works
- ✓ Knowing what you need financially
- ✓ Creating a transition that feels solid

So when you do leave your 9to5... you're not putting your financial stability at risk.

So... What's the Right Option for YOU?

You've now seen what's possible.

But most people don't need more options, they need a plan.

A way to know:

- What you actually need financially
- How to tolerate staying in the 9to5 without burn-out

This is exactly why I created The Exit Plan...

THE EXIT PLAN

Your personalised roadmap to going full-time, with confidence

Inside, you'll:

- Work out your personal risk tolerance
- Calculate exactly how much you need to earn in your coaching business before leaving your 9to5
- Build a clear, realistic transition plan
- Start using your 9to5 in a way that supports your business

Tap Here for More Information



Hi! I'm Pamela

I went from being a London Corporate City gal, living for the next promotion, chasing targets, KPI's and the next level in my career to becoming a full-time, beach loving, Aussie-based Life and Business Coach and mentor living in the tropics.

I support coaches who are in that in-between stage; building their business while still in their 9to5, and help them make smart, grounded decisions about how they actually transition.

My mission is to support Life Coaches to transition confidently into full time business ownership so they too can live their dream life doing the work they love most.