



## COACHING SESSIONS, PLANS & FEES

### Coaching Sessions:

Before we begin our formal coaching sessions, I offer a complimentary 30-minute strategy session to learn more about your background, interests, and challenges, share my plan options, and enable you to experience some of the benefits of coaching.

Once you have completed your complimentary session, if you decide to pursue our working together, you will be asked to choose your preferred number of coaching sessions each month for an initial period of three months.

Included in every coaching plan are the agreed-upon number of coaching sessions, plus unlimited follow-up emails, occasional brief touch-base phone calls, and a written summary of each coaching session. Virtual sessions will be recorded for you upon request at no extra charge.

All of my coaching sessions can be provided virtually (by zoom), by phone or upon special request, in person, at a pre-arranged date and time. Coaching sessions are usually scheduled for up to 55 minutes.

During each coaching session, we will examine your current situation, your recent successes, your ongoing challenges as well as explore opportunities for improvement. Each session will conclude by identifying commitments you are willing to make between sessions. I may also suggest a brief exercise for you between sessions.

When the term of your initial coaching period is completed, if you feel that you have accomplished all that you set out to do, great! I will also ask you if there are any additional areas you wish to address going forward and give you an option to renew .

## Coaching Plans:

Depending on which option you choose, your coaching includes:

- 2-3 monthly 55-minute phone/zoom sessions,
- Up to 3 brief (5 minute) monthly touch-base phone calls,
- Unlimited email support,
- A written summary of each session forwarded to you
- My personal commitment to be there to support you throughout.

How far and how quickly you progress really depends on how strongly motivated you are to achieve your vision. My job, as your coach, is to provide you every advantage and share insights along the way to support your learning and discovery.

## Plan Options & Fees:

### Standard 3-month plan, includes:

- 6 coaching sessions, plus
- phone call and email support between calls, and
- written summary of each session
- **Fee:** \$2100

### Executive 3-month plan, includes:

- 6 coaching sessions, plus
- phone call and email support between calls, and
- written summary of each session
- **Fee:** \$2400

### CEO 3-month plan, includes:

- 6 coaching sessions, plus
- phone call and email support between calls, and
- written summary of each session
- **Fee:** \$3000

Additional coaching sessions are available upon request

Fees are payable by credit card or check. Invoices will be issued monthly on the day that you confirm our agreement.

Payment receipts will be emailed to you.