



**Personal Coaching | Life Coaching**

Personal coaching is designed for adults who want to look at different areas of their life in an intentional way. While any topic can be discussed, common areas of focus include career objectives, work-life balance, wellness goals, healthy relationships, and spirituality.

PERSONAL COACHING PACKAGE (10 hours)	\$1,500
ADDITIONAL HOURS (after initial package purchase)	\$150/hour

**Executive Coaching**

Executive coaching is for individuals working within an organization that are looking for new tools to make themselves and their company better. Important skills such as emotional and conversational intelligence, team building and how to coach employees are provided. Executive coaching includes 20 hours of professional services over six months.

EXECUTIVE COACHING PACKAGE (20 hours)	\$6,000
ADDITIONAL HOURS (after initial package purchase)	\$300/hour

**Organizational Coaching**

Are you and your company dealing with a challenge and feel stuck? Organizational coaching provides the objective expertise needed to uncover new solutions to unhealthy patterns that are draining valuable time and money. Ideal for senior management and human resource departments looking for outside professional input.

ORGANIZATIONAL COACHING PACKAGE (20 hours)	\$7,000
ADDITIONAL HOURS (after initial package purchase)	\$350/hour

**Team Coaching | Professional Development**

Looking for cutting edge topics to share with your team? We do all the leg work for you to bring your organization the best current topics in the field of self-improvement.

HALF DAY FACILITATION (3 hours content)	\$1,200
FULL DAY FACILITATION (6 hours content)	\$2,400
ADDITIONAL HOURLY FACILITATION FEE	\$400/hour

**Motivational Speaking**

SPEAKING ENGAGEMENT (Up to 1 hour of content)	\$1,200
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*Additional travel expenses apply to non-local services.*