

PROFESSIONAL FEES

One-on-one coaching

Standard Package

- 3 scheduled telephone sessions per month, 30 minutes per session
- unlimited e-mail support between sessions
- \$250 US per month

Premium Package

- 4 scheduled telephone sessions per month, 30 minutes per session
- unlimited e-mail support between sessions
- \$325 US per month

Military Personnel

- As a way of supporting the military community, I am pleased to offer specialized coaching services to active duty, reserve and retired military personnel at a discount. Please call or fill out the [contact form](#) for details

I don't "stack" appointments, so if a momentum is going we're not artificially cut off. You're free to call or e-mail between sessions for further exploration of any area. These calls tend to be around 5 - 10 minutes. I generally return e-mails within 24 hours.

The beauty of coaching is that it's totally individualized based on your needs & wants. This means that we can co-create a customized program for you if the above options aren't viable. Please don't hesitate to call me to discuss other possible plans.

Special programs for those who pay in advance:

- Semi-annual (6-month) coaching contracts are offered at a 10% discount.
- Annual (12-month) coaching contracts are offered at a 15% discount.

Please Note

In many cases, coaching fees are tax deductible. In the U.S.A., all expenses of continuing education undertaken to maintain and improve business and professional skills are tax deductible (Treas. Reg. 1-162-5, Coughlin vs. Commissioner, 203F 2d 307). Contact your tax professional for more details.

CORPORATE PACKAGES

- All corporate services are 100% customized to the needs and agenda of the client; therefore, fees depend on the nature of the project, the number of people involved and the length of time.
- Coaching programs are available for individuals or groups and can include direct coaching, assessments, seminars and other services for your business or organization.
- Contact me so we can work out a plan geared specifically to your needs and budget.