

Personal

Health, spiritual, life balance, career, coping with changes, relationships, getting fitter, weight loss, confidence etc



£

* Local or moor walks or Woolsgrove	1 st session intro – 20-30 minutes	£30.00
* add travel costs if further than crediton (40p/mile)	1 hour session	£60.00
* available in person or on phone (client calls in)		
* prepay/bulk session discount	6 x 1hr session	£300.00
* basic email support included		
* option: additional bach remedy made up and posted	Bach remedy	£10.00
	30 minute additional	£30.00

Small Business

(1-20 employees)

life balance, performance coaching, all personal areas & career

- * @client office with parking or moor /local walk, or woolsgrove
- * plus travel @40p/mile if beyond crediton or tiverton

*full day session can include 4-5 people and needs to be in a meeting room at the company (can be short walks from the company if appropriately located)



£

1 st session intro – 20-30 minutes	£20.00
1 hour session	£80.00
6 x 1hr session	£400.00
Full day session	£500.00
Block of 6 full day sessions	£2,300.00

Business/ Corporate

(20+ employees)

Life balance, performance coaching, development, & personal

- * plus travel @45p/mile if exeter +beyond
- * @office with parking
- * suitable room provided
- * block booking is for single client full day session includes up to 5 different people



£

1 st session intro – 20-30 minutes	-
1 hour session	£150.00
6 x 1hr session	£800.00
Full day session	£1,000.00
Block of 6 full day sessions	£5,000.00

* First session is an introduction to cover what is coaching and what does the client want from the coaching – making sure client and coach are happy to work together and getting a basic outline of why the client has come for coaching

* Discounts are available for block bookings

* Full day sessions are for companies/small businesses only as they involve seeing up to 5 different people in one day at the same base. I will also consider seeing clubs/societies/associations as if they were small businesses

* additional basic email support included in personal sessions and small business sessions(summary of clients actions emailed to client; sometimes for specific items reminders sent at prearranged dates; and the odd short query answered)

* Further email support is available where required though it will be chargeable.