

## One-to-One Coaching

### Online and In-Person

## Fee Summary

### Step One

1. Discovery conversation and executive summary - gratis
2. Follow on 60-minute conversation to elicit a suggested action plan that in turn forms the basis of a second 60-minute conversation to be conducted once the client has had the time to reflect on what has emerged to date.
3. The goal of this second 60-minute conversation is to achieve a 3-4 point action plan with articulated target outcomes.

**Fee: £275**

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Step One may well meet a client's immediate needs. Others may decide to move to Step Two, opting for the classic coaching package of 6 conversations spaced at 2-week intervals, providing the time and mental space to action a personalised plan with continuing support from the coach.

### Step Two

1. A package of 6 coaching conversations of 60 minutes, supported by summary sheets and feedback templates to track the journey for later reflection and celebration. The timeframe for this type of package is 12-14 weeks.
2. The coach may suggest completing 1 or 2 inventories to provide some tangible individual input if appropriate. Usages of these vary in price.

**Fee: £750**

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*More detailed information is available on request.*

**'The world is made up of our own subjective constructions; these are often fictions in that they do not reflect reality or explain it. Each individual has a unique way of looking at the world. Each of us has a personal culture, subjective constructions of past and present that we integrate into systems that either enable us or inhibit us in pursuing our journeys to unknown destinations.'**

*'Coaching is a partnership between coach and coachee; it has no hierarchies, but it has boundaries. The agendas are owned by the coachee, the process ownership is that of the coach.'*