

Bespoke Coaching Packages

Bespoke coaching is designed around your objectives and can be offered in short term packages or as a longer term commitment to holistic growth.

All coaching is run in one hour online meetings via Zoom which can take place weekly or fortnightly.

I offer an initial consultation, free of charge, to determine whether I am the right coach to support you in meeting your objectives. Should we wish to proceed, I then charge a one-off £40 design fee for short-term packages. This design fee is integrated into the monthly fee for regular, long term sessions.

Short-term Packages

Short-term coaching is ideal for focusing on a single clear goal, especially one with an upcoming deadline. In this instance, I suggest meeting weekly for a minimum of four weeks, but a six to eight week commitment is usually more realistic, allowing for more in-depth work. These sessions will be goal oriented, and tailored to meet your objectives. Previous clients have used short-term packages to work on: video presentations, conference presentations, significant client pitches, or vital upcoming negotiations.

Four Week package, including course design (£40) and 4 x one hour private coaching sessions, for £150

Six Week package, as above, with 6 sessions: £200

Eight Week package, as above, with 8 sessions: £250

Additional sessions are billed at £35/hr.

Long-term Coaching

If you are looking for support in making meaningful work/life changes then this will be best approached through consistent, regular, coaching sessions. These sessions will involve practical exercises which work psycho-physically, to help you redesign your embodied habits.

This might include, but is not limited to: developing your leadership style; redesigning your approach to work; deeper learning in interpersonal communication skills; confidence building; or self-actualisation.

Ongoing life and/or business coaching is billed monthly. Fortnightly sessions are *£65/month, with additional 'emergency' sessions billed at £29 each. Weekly sessions are *£115/month, with additional top-up sessions at £25 each.

*You must commit to a minimum of six months of sessions for these rates to apply.

