



## Coaching Programs

### Individual Options:

Option 1 - Investment: \$3,000 for 15 one-hour telephone or Skype sessions (usually every week, every other week, or longer, depending on what's optimal for you),

Option 2 - Investment: \$2,250 for 10 one-hour telephone/Skype sessions (usually every week or every other week, depending on what's optimal for you),

Option 3 - Investment: \$1,250 for 5 one-hour telephone/Skype sessions NOT including the Initial Session detailed below,

Option 4 – Single Session: \$349 for 1.5 hour in-person/Skype intensive working session. Good for specific issues and tight deadlines.

Option 5 – Groups: See below for options. Investment: \$495 for 6- 1.5 hour sessions held over a 3 month period of time. Requires a minimum of 4 participants.

### Group Options:

#### **Moving Forward: A Motivational Support Group for Female Entrepreneurs**

An 8 week facilitated learning and discussion group to provide support, motivation and accountability in helping women entrepreneurs move their businesses forward. Sessions will be held twice monthly, providing a continual platform for success.

#### **Getting Out of Your Rut: A Motivational Support Group for Women who are Stuck, personally or professionally**

An 8 week facilitated teleseminar that will provide a safe, fun, and motivating structure from which the participants can develop and implement actionable plans to move them forward, either personally or professionally (or both!). Sessions will be held twice monthly for 4 months, giving a positive start to a new year/new you!

*All options include unlimited email communication between telephone/Skype sessions, all materials, and more, ie. a short 5-10 minute call in between session if need be, based upon availability.*

*Additional surcharges apply for in-person meetings.*

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