



General information about coaching with me

Setting the Foundation

We start with a 2 hour Discovery session. This includes goal setting and learning about your motivators and saboteurs.

To set expectations, this session is about learning and clarity. We will not do full on coaching on a topic but we will use what we have learned today and apply them to your goals. Homework will be generated from this.

Creating change

With the foundation in place, the coaching sessions are more powerful and effective.

Coaching session structure

- 60 minutes each.
- Done via telephone or Skype.
- Session every 1-2 weeks (on average 2-3 per month)
- You will bring a topic / question for the coaching.
- You get some homework out of each coaching session.
- At the next session we will do a short review on the homework.

Homework

The homework allows you to take what you have learned and integrate it into your life through the action you take.

There are 2 types of homework

1. Inquiry – a big question to spend time on, often through journaling
2. Action – a specific action that you will take to apply your learning to a real situation

When you have achieved your goals

We will close the coaching relationship with a **Completion Session**. This celebrates the achievement of your goals and your readiness to go forward without a coach but more empowered.

My agenda in coaching is to empower you, through the process of coaching, to understand yourself better, particularly in these areas:

- What motivates you
- How you get in your own way (and how to stop doing that)

This knowledge, together with the skills you will learn, will allow you to move forward with purpose, knowing that you can motivate yourself and get yourself unstuck when obstacles come your way.



How many sessions?

This all depends on you, the topics etc. Coaching is a process and clients get maximum benefit from at least 8 sessions. So I ask you to mentally commit to 8 sessions and to work through the inevitable dip. But I don't ask for a minimum sign up or fixed contracts. You do need to respect a notice period of 2 sessions i.e. in today's session you tell me that you want to wrap up the coaching. We will then schedule the last two sessions.

This is important for both of us, but especially for you: doing a completion session will allow you to get the most out of the entire coaching process.

Scheduling sessions

For each month we will schedule the sessions for that month.

Invoicing

Apart from the invoice for the Discovery session, I will invoice once a month, mid-month, for the total sessions in that month.

Coaching rates

I believe coaching should be available to all. That's why I have differentiated pricing for private individuals and small businesses

Coaching Rates	Standard Rate (business & organisations)	Individuals rate (& small business)
60 min coaching session	€256 + btw	€120 (€99 + btw)

Scholarships

Sometimes the individual rate is outside your reach. You know that the value that you get from coaching is worth it but your current financial situation is holding you back. I don't want you to be held back. That's why I have a limited number of scholarship spots each quarter.

How does that work? We talk about it and agree on a level that engages you.

Typical monthly costs

Depending on scheduling, the first month will include

- Discovery Session only Or
- Discovery Session + 1 coaching session

For Corporate Programs tailored to your company's needs, please get in touch.