

INNER WINNING COACHING & CONSULTING

ONE ON ONE SERVICES & PRICING

One – on - One Coaching Sessions

- **Introductory One Session - Is coaching for me?**

If you are unsure if coaching is for you, this is the one to choose - together we will explore how coaching will benefit you and create positive change within your life - this session is longer than a regular, continuous program so we have some extra time to discover if this works for you. (75 minutes)

- In-Person \$ 120 (within 40 mile radius RT)
- Phone or Skype \$100

Multiple Session Packages

Sessions are 45 minutes long –

3 formats in-person, via phone, or Skype

- **Tier One Package -**

- 4 sessions within a 5 week period - 1 x per week e-mail support
- In Person - \$325 (within 40 mile radius RT)
- Phone or Skype - \$250

- **Tier Two Package -**

- 8 sessions within a 10 week period - 2x per week e-mail support
- In Person - \$600 (within 40 mile radius RT)
- Phone or Skype - \$485

- **Tier Three Package -**

- 12 sessions within a 16 week period - 4x per week e-mail support
- In Person - \$875 (within 40 mile radius RT)
- Phone or Skype - \$700

- **On - Call Coaching -**

- available after completing a Tier Two or Three coaching package - you will have a knowing of the effectiveness of coaching and it is not a quick fix remedy - We all need check-ups or continued support so if you need periodic coaching - on-call coaching can support your needs -
- Price TBD based on needs

Satisfaction Insurance - If you commit to the Tier One Package and are not satisfied after 2 sessions I will refund the 2 remaining sessions. If you choose Tier Two or Tier Three Package & are not satisfied after 4 sessions, I will refund the difference between the cost of the package and the Tier One Package. You save by committing up front, but have the security of knowing if it's not working for you, you won't be stuck. It's a win-win.

Contact Information:

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