



# HOW DOES THIS WORK?

Usually I work to a model of 60 minute sessions and up to 6 sessions with a client over a timeframe agreed to suit you and achieving your goals through the coaching relationship. However, it is sometimes preferable for individuals to have shorter sessions so 30 minute sessions can be offered.

An initial consultation or 'chemistry meeting' is always required to ensure that we feel we can work together as coach and client, and if I don't feel I'm the right coach for you or feel another intervention is more appropriate for you than coaching, I will be honest in telling you, and may be able to signpost elsewhere. As such, the initial consultation is free of charge.

At present my availability is restricted to alternate Wednesdays, evenings and weekends. Sessions are currently offered via Skype/ Zoom only due to Covid-19. You can call or email me to arrange a consultation and to help me understand your requirements of coaching, if you can complete the short 'pre-coaching questionnaire' below, that would be great. However, if you would prefer to talk about your aspiration for coaching rather than complete the form, then please get in touch anyway.

## **COST:**

**Free 30 minute consultation session**

**£25 for 30 minute session**

**£35 for 60 minute session**

**Discounted rate of £175 for 6 sessions  
instead of £210**

## Pre-coaching assessment

*It would be really helpful if you could spend some time answering each of these questions honestly.*

**What are you like when you are at your best?**

**What have you always wanted to do in life?**

**What things must occur in your lifetime so that you would consider your life to have been satisfying and a life of few or no regrets?**

**How do you most want to be remembered by those who are closest to you?**

**What is your vision for the next 6 or 12 months?**

**What are your strengths?**

**What are the challenges you are currently facing?**

**What are you grateful for?**

**What would you like to achieve in coaching?**

**How did you find answering these questions?**

- Helpful
- Difficult
- Annoying
- Other – please comment

**Congratulations.** Whether you decide to go ahead with coaching or not, you have already begun the journey into thinking about change you desire and stepping into that change.