

Coaching

What is Coaching?

Business coaching is exactly like coaching in a sports team: the coach has the experience to guide and train the team in the insights, the skills and what needs to be done, for the team to be more successful.

How It Works?

1. You **book** a session, or a package of sessions online via the link below or on my website.
2. We use the **Zoom** app/program to video conference.
3. It is best you **write** a few **notes** and actions from the session, for you to refer to afterwards. I may also email you a list of actions soon afterwards.
4. Spend the next 5–**10 minutes** both reviewing your notes and starting to take some action steps, even if small, towards your goals.

What happens in a coaching session with me?

As well as me giving you the insights you need, based on my experience and knowledge, most of the time is then spent looking at your perspective, and us exploring different and wider perspectives that will lead to different actions and greater results. You can also ask questions or suggest topics or areas of the business to work on.

How to get started?

Book a free 15-minute Discovery call (discount code: disco) to have an experience of why this form of coaching is so successful.

Current Pricing Structure (July 2023)

Session (minutes)	Price (USD)	Month (4 sessions)	3 Months (10)	6 Months (20)	1 Year (40)
90	300	1,000	2,450	4,900	9,000
60	250	850	2,100	4,150	8,200
30	200	750	1,800		
Discovery 15	0				
5	50				

[Make a Booking](#)