



MURPHY CONSULTING – COACHING OPTIONS

1. GROUP OPTION

Team Coaching – group workshop (in person)	Cost
<p>Insights-led workshop (using Colour Me questionnaire/profile) to analyse work behaviours, and offer insights on ways to improve collaboration and communication, and stress avoidance.</p>	<p>10 x individual profiles @£100 per head = £1000</p> <p>1 x facilitated 2 hr workshop (including prep time) = £1000</p> <p>TOTAL: £2000</p>

2. INDIVIDUAL OPTION (MAX)

Individual Coaching sessions	Cost and cadence
<p>One-to-one fortnightly sessions focused on stress factors, prioritisation, communication, and skills development.</p> <p>Each session would focus on one particular area, setting an objective to be followed up in future sessions.</p>	<p>12 x 1 hr sessions at fortnightly intervals over the course of 5-6 months</p> <p>TOTAL: £1800</p>

3. INDIVIDUAL OPTION (MINI)

Individual Coaching sessions	Cost and cadence
<p>One-to-one fortnightly sessions focused on stress factors, prioritisation, communication, and skills development.</p> <p>As above but with combination of subjects and earlier objective deadlines.</p>	<p>6 x 1 hr sessions at fortnightly intervals over the course of 3 months</p> <p>TOTAL: £900</p>