

# **FREQUENTLY ASKED QUESTIONS**

## **FOR PERSONAL/INDIVIDUAL COACHING**

### **1. How much will personal/individual coaching cost?**

Personal/individual coaching is typically based on a monthly investment and can range from \$90-\$150/hour depending on your needs. There are two coaching programs available: long distance (by phone) or in person.

A one-time or stand alone individual session can be effective for brief assessment purposes, brainstorming and/or clarification assistance of immediate goals and/or challenges. The fee for an individual session is \$150/hour. The **client is responsible for placing long distance phone calls** or the cost of travel for face-to-face coaching.

Month to month programs are the most effective approach for focusing on more ambitious or complex coaching goals.

The monthly program fees are as follows:

1 month coaching contract (includes 3, 1 hour coaching sessions) - \$270 (\$90/hour)

3 month coaching contract (includes 9, 1 hour coaching sessions) - \$765 (\$85/hour)

6 month coaching contract (includes 18, 1 hour coaching sessions) - \$1440 (\$80/hour)

Monthly program fees may increase slightly for in person coaching depending on geographical location.

Any and all coaching relationships include unlimited email support and short (3-6 minute) calls as needed to report emergent problems or successes.

### **2. Are there other costs that I should know about?**

A 1.5-2 hour discovery session is mandatory for the personal/individual coaching process at a \$150 charge.

### **3. Is coaching effective?**

Coaching works best when the client is Ready, Willing, and Able to change. When these conditions are present anything is possible.

### **4. How long does it take?**

A single 10 minute coaching conversation can produce lasting change. However, most personal/individual coaching clients find they need several hours of coaching spread

over several weeks or months to achieve the expected results. A coaching call typically runs for 60 minutes. Leadership coaching clients typically find the greatest results within a commitment of at least 6 months.

5. **What does the leadership coaching process look like?**

For a more detailed look at the leadership coaching process, please see the document entitled "Personal Individual Coaching Process."