



Coaching Services & Investment Options

June – December 2009

The following is an outline of coaching services with Intentional Talk. Your personal financial investment in the coaching partnership represents your commitment to growth, personal empowerment and your desire to align your voice with your values. If you wish to explore additional coaching options that fit your circumstances, please mention that when we have our initial conversation.

Introductory Session

If you are sincerely interested in the possibility of working with me, I offer a 30-minute complimentary coaching session. This will acquaint you with the process and benefits of coaching, as well as help us discern if a coaching partnership fits your unique needs.

In advance of our conversation, I will send you a brief questionnaire which gives you the opportunity to provide some background information and reflect on what you'd like to discuss. This will help to focus our time together and have maximum benefit for you.

Investment: 30 minutes of your time and a genuine interest in moving forward

Values Identification Intensive

Dedicate time to discovering and affirming your personal values and how to take steps to line up your values with your life choices. Think of it as a “tune-up and alignment” for your spirit. This unique process unfolds in three parts:

1. An online Personal Assessment that provides a place for you to reflect upon and share your values, challenges and aspirations
2. A two-hour coaching session during which we take a deeper look at your Assessment and its relationship to your goals and commitments
3. Two follow-up 30 minute coaching sessions to further define your implementation plan

Investment: \$300

Insight Coaching

You receive the Values Identification Intensive, four regularly scheduled 30-minute sessions per month, MP3 files of our sessions, plus limited e-mail support.

Investment: \$250 per month, three month agreement requested

Please see next page for Payment Arrangement details.



Payment Arrangements

Intentional Talk has a secure account with PayPal, through which we can accept payment through Visa, Mastercard, American Express, checking or savings. You may also pay by cash or personal check.

I only invoice upon request; payment is due for the upcoming month's sessions at the end of the current month. (for example, fees for April coaching are due at the end of March.) The payment schedule will be clearly outlined in the Coaching Agreement.

At the end of each agreement phase, we will re-evaluate the relationship to determine if we move to a new agreement or completion.

Note: A sliding scale is available to those committed to the coaching process but are experiencing a financial constraint. The appropriateness of the fee will be reviewed with each agreement renewal.

If you need to reschedule an appointment, a 48-hr notice is appreciated and a minimum of 24-hr notice is required (unless there is an emergency). If you miss your scheduled appointment **without** a 24-hr notice, the session will not be rescheduled, and you will be responsible for the session fee. If you are late for your session, we will still end at the usual time.

For more information about Beth and Intentional Talk:

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