



Services Description

SERVICE	DESCRIPTION
CHEMISTRY CONSULTATION	A chemistry session is a short, introductory meeting designed to help you and your coach determine whether you are a good fit for working together. Typically, it lasts for around 30 minutes and takes place virtually, allowing both parties to discuss expectations, goals, and coaching style. The session is free of charge and aims to ensure mutual understanding before committing to a longer coaching package.
SINGLE SESSION	The purpose of the session is to focus on a specific issue, challenge, or development goal, providing targeted guidance and actionable feedback. If you later decide to purchase a coaching package, the cost of this individual session will be deducted from the overall package price. This does not include further support.
SESSION PACKAGES	These comprehensive packages allow for ongoing support over typically 3 – 6 months. It includes bespoke assessments, ongoing email and messaging support, and is ideal for those seeking sustained development, strategic growth, or support through significant challenges. Packages available in six or ten session blocks.
ONGOING PARTNERSHIP	Ongoing monthly access to a coach for continuous support and guidance, with flexible session scheduling to suit your evolving leadership needs. This arrangement is ideal for long-term development, transition planning, or managing complex leadership challenges over time.
TEAM DEVELOPMENT SESSION	Team session coaching is designed to enhance collective performance, communication, and collaboration across groups and departments. These sessions typically focus on shared leadership goals, resolving team challenges, and building stronger relationships within the workplace. Programmes can be tailored to address specific team dynamics, strategic initiatives, or change management, with pricing available upon request depending on the scope and requirements of the engagement.
CORPORATE COACHING	This is a retainer-based service, that provides a number of sessions for your executives. Pricing available upon request depending on the scope and requirements of the engagement.

Fees are available on request.