

Design a package to suit you!

**Service menu for individual coaching**

<b>Service</b>	<b>Cost</b>	<b>Includes</b>
1 hour session only	\$75.00	One hour consult, no personal plan
Initial consultation	\$120.00	Development of personal plan
Subsequent sessions	\$75.00	One hour follow up on personal plan
Follow up phone call service	\$20.00	Follow up phone call to landline
Follow up email service	\$5.00	Follow up email per day

Packaging examples

**One month package**

<b>Service</b>	<b>Cost</b>
Initial consult – includes personal plan development	120
Follow up phone call within first week	20
3 x weekly emails for 4 weeks	60
2 x subsequent sessions – 2 face to face 60min sessions	150
<b>Total cost for four weeks coaching</b>	<b>\$350</b>

**One month less intensive package**

<b>Service</b>	<b>Cost</b>
Initial consult – includes personal plan development	120
Follow up phone call once a week for 3 weeks	60
2 x weekly emails for 4 weeks	40
<b>Total cost for four weeks coaching</b>	<b>\$220</b>

**All above prices subject to 10% GST**