

## **FUTURE FOCUS COACHING PRACKAGES**

**6-SESSION STARTER PACKAGE:** This program is designed to help you identify your key strengths and develop a plan for the changes you will commit to make in your life. While we recommend committing to at least a 3-month program to effect lasting changes, this package may be effective for those working on one targeted aspect of their work or personal life and also offers a “trial” period for those who are unsure about coaching. The six week program is often just right for people navigating a challenging change in life circumstances. The program guarantees:

- Six 45 minute individual sessions by telephone (usually one per week)
- E-mail support for the duration of your program
- Program support materials provided in pdf or e-mail format.

The starter package price depends on the coach you work with and whether you are seeking Business, Partnership or Life Coaching services as well as what assessments or content based materials you will use. The price range is typically \$700 to \$1500.

**3-MONTH “I’M COMMITTED” PACKAGE:** Designed for those who are serious about changing limiting beliefs and behaviors, developing new approaches to management, partnering, or interpersonal relationships, or developing a strategic plan for a new endeavor, this program offers you extended support through

- One or more personal and professional life assessments,
- Twelve 45 minute coaching sessions
- E-mail support for the duration of your program
- Program support materials in pdf format
- Planning tools (spreadsheets, worksheets, etc.)
- Accountability check-ins
- Deep discounts or free admission to tele-classes or seminars offered by our coaches during your program

Your investment for the “I’m Committed” Program depends on the coach you work with and whether you are seeking Business, Partnership or Life Coaching services, as well as what assessments or content based materials you use. The investment is typically \$1200 to \$3000.

**6-MONTH “SUPER COMMITMENT” PACKAGE:** This program is for those who are making major life and/or career transformations and want to incorporate psychometric assessments, strategic life planning, business skills development and training and total accountability into their program. You may work with more than one coach to optimize your transformation. Your investment will be \$3000-\$5000.

## **GENERAL TERMS**

1. Your agreement with Future Focus Coaching & Training is confidential.
2. All payments are due the day of service. Weekly and monthly plans are available.
3. Any advertised discounts will be deducted from the prices referenced.
4. Advertised discounts apply only to the packages described above and not to individual sessions.