

How much does business coaching cost and how many sessions will I need?

Because every client is different with different needs it is impossible for us to say exactly how long your coaching course will take. However, it is generally recommended that to gain the most out of your coaching you should commit to a minimum of six to ten weekly sessions, when you book ten in advance I will give you the tenth one free.

However, some clients have complex and long term goals which require a complex and long term coaching solution. Other clients prefer to "dip in and out" of short coaching courses of, say four to six sessions, when they feel the need for a boost or to address a specific issue.

We offer a range of packages to suit your pocket and we are more than happy to discuss this with you at your free introductory session. One thing to bear in mind is that if money is a problem, coaching can help you with that too so it could actually pay for itself in a surprisingly short time.

Session times are usually one hour and the fee includes all preparation and follow-up work (normally about an extra hour of work for the coach). It also includes occasional contact during the week by text, e-mail or phone to keep the momentum going if required.

We always offer an introductory session FREE OF CHARGE which gives you time to decide whether you are ready for coaching and to get a clear vision of what you want to achieve. We can discuss the way forward and decide on strategies, time frames and agree to the outcomes. This session is more of an assessment and administration time and can take a little longer than an hour. It sets the scene and gets you ready on the starting block before the real work begins.

Some clients feel that a weekly commitment is too much and therefore fortnightly meetings can be arranged. However, it should be noted that coaching works best when the momentum is kept going constantly and this can be lost with time between sessions.

