

Coaching Fees & Schedules

My fees for individual coaching clients are based on a rate of \$100 per hour. Therefore, a half-hour session would cost \$50, a 45-minute session would be \$75, and hour-and-a-half session would be \$150. A typical phone session is 45 minutes. The minimum phone session is 30 minutes. The minimum face-to-face session is 45 minutes. A typical face-to-face session is an hour or more.

Payment is by the month and is collected in advance.

Typical coaching arrangements might be:

Length of Session	# Sessions per Month	Cost per Month
30 minutes	2	\$100
30 minutes	4	\$200
45 minutes	2	\$150
45 minutes	4	\$300
60 minutes	2	\$200
60 minutes	4	\$400

In our complimentary session, we would determine together what the frequency and the length of the sessions would be, and that will determine your monthly fee. Some clients prefer short sessions spaced close together. Others prefer longer sessions spaced further apart. Scheduling is done on an individual basis.

Sessions can be rescheduled with at least 24 hours notice. **No refunds are given for last-minute cancellations or no-shows.**

Fees are paid, in advance, by check or money order, in US currency. We regret that we cannot process credit card payments at this time.

Make checks payable to: Connie Komack.

It is possible to **share a coaching session** with one to three other people. The cost is shared by each person, and so is the time. The coaching session would focus on an issue or goal shared by all involved in the session. The minimum length of time for a shared session would be an hour.

Corporate and Executive Coaching rates are higher than the individual rates quoted above. And some **sliding-scale rates** might be arranged for low-income individual clients or non-profit organizations. Call me at 978-546-9660 or contact me by email for more information (info@conniekomack.com).