

## *Coaching Programs*

### **Individual Life/Work Coaching:**

One-on-one life/work coaching provides focus, clarity, structure, information, tools & assessments, encouragement, accountability and support for people of all ages who are going through personal, career, or business transitions. It is a process in which coach and client partner together to achieve the goals set by the client.

Phone coaching is now a common practice. It enables clients and coaches to work together over long distances or during times when in-person sessions might be difficult due to tight schedules, illness, weather problems, commuting challenges, or other travel-limiting circumstances.

In-person coaching is also available, if you prefer working face-to-face.

Life/Work coaching for individual clients is provided on a monthly basis, with up to four one-hour coaching sessions per month and support between sessions by phone and/or email. Payment is by the month and is due on or before the first session of the month.

In our complimentary session, we will discuss your individual requirements and then we will create a Coaching Agreement, which describes the services and materials to be provided by the coach, along with the schedule and fee.

### **Shared and Group Coaching:**

Shared or Group Coaching sessions can be arranged on a case-by-case basis. These coaching sessions would focus on an issue or goal shared by all involved in the sessions. Please call us at 978-546-9660 for more information.

### **Business, Organizational, and Executive Coaching:**

**Corporate, Organizational and Executive Coaching** services are uniquely tailored to the needs of the client. Schedules and fees are determined by the services provided. Sessions for businesses, organizations, and business professionals are typically held on-site or at a location designated by the client. Contact us at 978-546-9660 or at [info@lifeworkenterprises.com](mailto:info@lifeworkenterprises.com) for more information.