

***Confidence Coaching and Life Coaching with
Chrissy, The Motivation Angel***



Thank you for your interest in my motivational confidence/life coaching sessions. Here is what's available in terms of the packages I offer for both Confidence Coaching and Life Coaching. More details about what is involved in the sessions and the difference between the two can be found on my site. Alternatively, please contact me directly for more information:
chrissy@themotivationangel.co.uk

Before a commitment to the sessions take place, I offer a short call so I can find out a little more about your current situation, where you want to be, and your motivations for looking into confidence/life coaching sessions with me.

I call this the ***"Getting to know you"*** call, it's a free, non-obligation, non-judgemental and informal chat so we can see if we are a suitable fit for coaching.

If after that call, you want to proceed and I feel confident that I can help you, you can choose from the following options as your coaching package. All payments must be made in advance of the first session by either bank transfer or via paypal. NB: an additional £3 charge may apply with Paypal option.

Coaching packages available:

Confidence Coaching and Personal Coaching packages can be bought on either a 4 week or 6 week basis. Sessions are once per week by phone call or skype, with an email follow up midway between each session where needed. The [client/coach agreement](#) will outline the session frequency as well as other important information relating to our sessions.

4 sessions: £111 (one session per week)

or

6 sessions for £164 (one session per week)

The option to buy 6 sessions reduces the cost slightly, the six session package can either be once per week or alternatively you can opt to condense 6 sessions over a shorter period. Each phone call/skype session will last approximately 45 minutes. Additional/Individual sessions outside of these packages will be charged @£37.50 per hour pro-rata.

For any further clarification on sessions and packages, please contact me directly, thanks, Chrissy.