



# Coaching For Excellence

Pam Knight



## COACHING PROGRAMS

### INDIVIDUAL/PROFESSIONALS

Description	Included	Time	Cost
<b>One-on-One Coaching</b>	2 Hours of coaching per month, taken as two 1 hour, or three 40 minute sessions Email support between sessions	2 hours/month,	\$375
<b>3 month one-on-one coaching</b>	3 month session and save Email support between sessions	3 months of 2 hour sessions	\$975

### Jump Start

<b>Jump Start Coaching</b>	1 hour of coaching per month, taken as one or two 30 min sessions Email support between sessions	1 hour per month	\$250
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### Laser Coaching

<b>Laser Coaching</b>	Coaching when you need it or want it Email support between sessions	Half hour sessions booked when you need it	\$105
<b>Laser Coaching Silver</b>	Purchase 2 Laser Coaching Sessions at once, and receive the 3rd one free! Sessions can be taken over a six-month period. Makes a perfect gift as well!	3 half hour sessions	\$250
<b>Laser Coaching Gold</b>	Purchase 4 Laser Coaching Sessions at once, and receive the 5th one free! Sessions can be taken over a six-month period. Makes a perfect gift as well!	5 half hour sessions	\$675

### Group Coaching

(Includes monthly calls, laser coaching, Q&A, recording, discounts, partnerships)

<b>Group Coaching 3 months</b>	Purchase 3 Group Coaching Sessions at Once, and receive the 4th one free! Makes a perfect gift as well!	4 monthly coach calls	\$150
<b>Group Coaching 6 months</b>	Purchase 6 Group Coaching Sessions at Once, and receive the 7th one free! Makes a perfect gift as well!	7 monthly coach calls	\$270
<b>Group Coaching 9 months</b>	Purchase 9 Group Coaching Sessions at Once, and receive the 10th one free! Makes a perfect gift as well!	10 monthly coach calls	\$370
<b>Group Coaching 12 months</b>	Purchase 12 Group Coaching Sessions at Once, and receive the 13th one free! Makes a perfect gift as well!	13 monthly coach calls	\$470