

Caroline Totah, Organizer-Coach Coaching Programs

Program	Description	Includes	Scheduling	Cost
Traditional Coaching	<p>We meet to discuss your goals and develop action plans customized to your unique profile of values, needs, strengths and challenges.</p> <p>Longer calls allow for deeper exploration of all factors relevant to your goals.</p>	<p>Phone or video conference sessions of approximately 50 minutes each</p> <p>Written summary of session emailed to you within 24 hours</p> <p>Unlimited text/email/voicemail support between sessions*</p>	Calls may be scheduled one at a time or at regular intervals, depending on your preferences and our mutual availability.	<p>\$125 per call</p> <p>Payment due in advance:</p> <ul style="list-style-type: none"> • 5% discount when pre-paying 5-9 calls • 10% discount when pre-paying 10 or more calls
Accountability Only	<p>For those who mostly want an accountability partner.</p> <p>Shorter, less frequent calls, with unlimited accountability support</p>	<p>One 30-minute call</p> <p>Unlimited text/email/voicemail support between sessions*</p>	One call per month, plus any additional calls you wish to schedule.	<p>\$75 per month, invoiced at the beginning of services and monthly, thereafter.</p> <p>After one monthly call, additional calls may be purchased at \$65/call</p>
Touchstone Coaching	For those who want a regular sounding board, but don't care about accountability support.	30-minute phone calls	Calls may be scheduled one at a time or at regular intervals, depending on your preferences and our mutual availability.	<p>4 calls/\$259</p> <p>Payment due in advance.</p>
In person Services	I come to your home or workplace to provide onsite productivity coaching and/or in person support for organizing and de-cluttering tasks.	<p>3-hour appointment (shorter or longer appointments available upon request; surcharges may apply)</p> <p>Basic supplies for sorting and de-cluttering, as needed</p> <p>Unlimited text/email/voicemail support between appointments*</p>	Appointments may be scheduled one at a time or at regular intervals, depending on your preferences and our mutual availability.	<p>\$90/hour. 3-hour minimum appointment length.</p> <p>Payment due at time of service, or in advance:</p> <ul style="list-style-type: none"> • 5% discount when pre-paying 1-2 appointments • 10% discount when pre-paying 3 or more <p>Travel fees of \$25-\$50 may apply for some locations.</p>

*"Unlimited" means you may contact me as often as you feel it helps. During our appointments, we will collaboratively design an accountability support plan to meet your needs. I reserve the right to respond to your messages as I deem appropriate, and as my schedule allows. Accountability support is not appropriate for lengthy, complicated, or highly nuanced conversations.

