

Caroline Totah Coaching Programs, effective November 2017

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>Text/email/voicemail support between sessions*</p>	<p>Calls may be scheduled one at a time or at regular intervals, depending on your preferences and our mutual availability.</p>	<p>\$125 per call</p> <p>Payment due in advance. Please inquire about bulk purchase incentives.</p>
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>Text/email/voicemail support between sessions*</p>	<p>One call per month, plus any additional calls you wish to schedule.</p>	<p>\$75 per month, invoiced at the beginning of services and monthly, thereafter.</p> <p>Option to purchase additional 30-minute calls in the same month at \$65/call.</p>
Touchstone Coaching	<p>For those who want a regular sounding board, but don't care about accountability support.</p>	<p>30-minute phone calls</p>	<p>Calls may be scheduled one at a time or at regular intervals, depending on your preferences and our mutual availability.</p>	<p>4 calls/\$259</p> <p>Payment due in advance.</p>
In person Services	<p>I come to your home or workplace or other location of your choice to provide onsite productivity coaching and/or in person support for organizing and de-cluttering tasks.</p>	<p>Basic supplies for sorting and de-cluttering, as needed</p> <p>Text/email/voicemail support between appointments*</p>	<p>Appointments may be scheduled one at a time or at regular intervals, depending on your preferences and our mutual availability.</p>	<p>\$150 for the first hour of every appointment, then \$15 for each additional quarter hour.</p> <p>Payment due at time of service, or in advance. Please inquire about pre-payment incentives.</p> <p>Travel fees may apply.</p>

*Accountability support between appointments will be customized to your needs.

