

# FEE schedule & services

**Dynamic decision coaching** - (Conducted face to face or by phone)

Ideal for those seeking clarity on a specific subject.

Single session – (booked by client as and when required).

- 1½ hours plus a feed back report  
Only €60 per session  
(+ expenses if applicable)

**Small Business Package** (for businesses up to and including 4 personnel)

3 consecutive months minimum.

Designed for start up and established businesses looking for an edge and those who wish to refocus their activities.

**Package includes: - Monthly**

- 2 x 1½ sessions (approx), plus feed back report
- Phone back up as required
- Unlimited email back up  
Only €80 per month  
(+ expenses if applicable)

**Intensive Motivational Coaching workshops**

These fun, bespoke, interactive workshops are normally full or half day durations.

Ideal for businesses and creative individuals who prefer the group environment.

Maximum attendance - 6.

**1 day and ½ day**

- Pre planning session (on the phone or emailed)
- Hand outs if required
- Training folders
- Notes available via email
- Post workshop follow up.  
(+ expenses if applicable)

1/2 day workshops only €80 per person (minimum 6)

1 day workshops only €150 per person (minimum 6)

## **Mentoring** (on the job motivation and coaching)

Working with the individual we coach and mentor them to achieve their maximum potential, turning weaknesses into strengths. These empowering on the job sessions take place over a 2 month period and involve role plays and assessments.

- Minimum 2 months duration (2 x ½ day mentoring sessions)
- Monthly follow up reporting to ensure stability of mentoring relationship.
- Monthly report to the employer/client (these reports may be written or verbal on mentees progress).
- Pre planning session (on the phone or emailed) with employer/client and mentee
- Hand outs if required
- Training folders
- Notes available via email
- Post mentor follow up a month after shadowing.
- Mentoring by phone (once a week phone session can be used for role playing or as the client wishes)
- Unlimited email access to your mentor
- (+ expenses if applicable)

Activities with the mentor are not limited to those listed above. Employee/client and mentor will maintain contact at least two times per month.

Total mentor package for minimum 2 months is only €250

**121 Business Coach** know you have a choice of business coaching providers and hope that you will work with them on your development and business needs. However, we do offer a word of caution based on our experience in Spain which we hope will help in your decision making process:

- Make sure the coaching, training and workshops meet the needs of your business.
- Choose a training partner that will motivate your people.
- Make sure they get practical tools rather than fancy theory.
- Ensure they reinforce the coaching, training and workshops with relevant online learning that will keep their motivation and knowledge at a high level.
- Make sure they are qualified and able to produce testimonials.

