

What it costs for our Coaching & Training programmes



Coaching - Individuals' Fees

(For sole traders. Or/and where the coaching is not funded by an employer).

- **At Lavender Heal (Clapham Junction):**
 - Shorter session **£78** (50 minutes)
 - Standard session **£123** (80 minutes)
- **At Brixton (Women only):**
 - Each session **£100** (80 minutes)
- **Phone Coaching:**
 - Each session **£75** (60 minutes) + cost of a phone call
- ❖ **Buy on-line using Pay Pal**

Coaching Fees for Employers

(For in-house coaching. Also for organisations who employ staff. Also for where your employer funds the coaching).

- **Face to face Coaching package, at your organisation:**
 - 6 x 90 minute coaching sessions & a free 15 minute induction **£1260**
- **Phone coaching package :**
 - 1 x 90 minute face to face session at your organisation & 7 phone sessions x 60 minutes each & a free 15 minute induction **£910**
- ❖ **Payment by BACS or cheque, (on-line payment not currently available).**

Training programmes

- **Not-for-profit organisations, colleges. schools, NHS etc.:**
 - **£600 per day** per trainer
- **Business sector/corporate organisations:**
 - **£800 per day** per trainer
 - **£700 per day** per trainer, **for repeat days** of the same programme

The small print

Individuals' coaching: first coaching sessions for are always at Clapham Junction. You can pay in advance by Pay Pal on-line, or directly into our account by BACS or by cheque. There's no VAT to pay. Call us to book a date for your first coaching & training sessions (07984 107728).

For employer funded coaching and training: please call us. We can discuss your needs and/or book a first appointment. There's no VAT to pay. If your training/coaching takes place outside London, travel and hotel costs will be an addition to these costs. Training fees are based upon training at your venue with your own equipment and no additional costs to us for venue, equipment, catering & stationary. Print pack costs for all participants are additional to this. As we are a small company, we simply use local printers and add a small admin fee. Alternatively, we can provide you with 1 hard copy to print your own packs for use on the day of the training.