



Coaching with Roianne

Hello

Thank you for your interest in coaching with Roianne. This brief information pack is designed to outline the different options available to you and to help you think about the programme that would be best suited to your needs.

Why Coaching?

If you have got to the point of receiving my information pack then no doubt you are looking to take stock of your life and/or career and potentially you are ready to make some changes. Coaching is an excellent opportunity to have an open and honest conversation with an objective third party. I always tell my clients that the only thing I am bought into is your success in achieving your goal I have no opinion or judgment about the goals that you set for yourself.

If you have time, you may wish to consider the Change Inventory at <http://roiannenedd.com/download/cracked-cocoon-change-inventory-template/> for a simple way to take stock of the different areas of your life.

Beginning Your Coaching Journey

There are a range of ways that you can start your coaching journey.

1. Sign up for one of our coaching programmes. If you are new to coaching, then the suggested programme would be the Personal Development Programme which is my life coaching programme focused on taking a holistic view of your life and identifying areas for improvement. The benefits of the programme include:
 - A monthly 1-hour coaching call for six months
 - A dedicated email helpline for coaching queries
 - A monthly newsletter
 - A copy of my latest self-help book the Cracked Cocoon Principles
 - A personalised wheel of life showing your starting-point

Price: £575.00 one-off payment or a monthly subscription fee of £110.00

2. Book in coaching sessions without the programme benefits. This approach would involve ad-hoc hour-long calls with Roianne without the additional programme benefits outlined above.

Price: £100.00 per session payable in advance (prepaid blocks of 3 or more sessions are charged at £84.00 per session)

3. Intensive Coaching provided on a weekly or fortnightly basis. This is especially useful when there is a time constraint or desire to focus more intensely. Calls are block booked in 3-hour intervals or more and charged in advance. Some clients have used these sessions to prepare for job interviews or to keep motivated towards a wellbeing target.

Price: £90 per hour (payable as a block booking payment in advance)

I look forward to working with you. If you have any more questions or wish to discuss personal circumstances that may give you access to concessionary rates, please do get in touch at connect@roiannenedd.com

Roianne