



COACHING PACKAGES & SESSIONS

"My sessions with her have given me the time to really think and work out what is important to me, what I need to focus on and recognise the consequence of taking or not taking action." Pauline

MOTIVATION PLUS PACKAGE

- Session themes include:
 - **Launching your Motivation:** exploring your motivations and priorities
 - **Motivation, Focus & Action:** identifying & focusing on your motivators & priorities to create purposeful action plans
 - **Maintaining Motivation:** maintaining & perfecting motivation & focus to continue moving forward & achieving changes
- Six coaching sessions over the course of approximately five months
- First session two hours & remaining five sessions one hour thirty minutes
- An additional seventh session can be purchased at a special discounted rate if purchased within three months after the last session of the package
- After the seventh session, further individual sessions will be charged at the normal rate

MOTIVATION PACKAGE

- Session themes include:
 - **Launching your Motivation:** exploring your motivations and priorities
 - **Motivation, Focus & Action:** identifying & focusing on your motivators & priorities to create purposeful action plans
- Four coaching sessions over the course of approximately two months
- First session two hours & remaining two sessions one hour thirty minutes
- An additional fifth session can be purchased at a special discounted rate if purchased within three months after the last session of the package
- After the fifth session, further individual sessions will be charged at the normal rate

MOTIVATION MINI PACKAGE

- Session themes Include:
 - **Launching your Motivation:** exploring your motivations and priorities
- Two coaching sessions each for two hours

COACHING & MENTORING SESSION

- A conversation combining coaching & mentoring styles on one of these specialisms:
 - **Developing a Motivational Mind-set**
Working together to start building your motivational mind-set toolkit
 - **Finding & Focusing on Priorities**
Clarifying what's important to you & deciding priorities
 - **Making a Plan**
Exploring strategies & creating a bespoke action plan for your chosen goal

All fees available on request (katrinaramsden@yahoo.co.uk)

(Sessions can be via telephone, Skype or face to face (dependent on location))