



Proposal for Coaching

Congratulations for taking interest in Coaching.

Why Coaching?

Where do you go if you want to be at the top of your game in business and life?

This diagram shows the focus of Coaching and Meta-Coaching in particular on Actualizing Excellence.

Realm of Counseling and Therapy		Realm of Coaching
-10	0	+10
People are broken Psychopathology	Coping Surviving	Actualizing Excellence

Coaching answers the questions:

- How do I lift my game to be at my best?
- How do I get to do what I know?
- How do I step into a new role?
- How do I get the flexibility my executive position demand?
- What is the process of taking my business/life from average to excellence?

How does the process work?

The process is outcome based. The client will determine with the coach the outcomes for the process and will work with the coach to facilitate the desired outcomes.

The Meta-Coach has a systemic approach to come to the heart of the matter in a professional and succinct way in order to discover the leverage points for meaningful and sustainable change.

A Coaching session is 1 ½ hours and the frequency of sessions is either monthly or fortnightly. Sessions are scheduled for a minimum of 6 sessions in a timeframe of 3 months to create the necessary space and momentum for the process.

"Using [coaching] instead of sending executives and managers to seminars two or three times a year can be more beneficial to ongoing career development, not to mention less expensive..."
— "Coaches Pump Your Career into Shape," PC Week, 12/20-27/99

The brilliant executive coach is the one who brings out the brilliance of the client.
Nancy Kline, Time To Think

"Everyone needs a coach. One thing people are never good at is seeing them as others see them. A coach is crucial to give that perspective."
Eric Schmidt, Chief Executive Officer, Google

"Got a nagging feeling that your life could be more fulfilling? Want to change direction but aren't sure how to do it? Here's how to jump start your new life today
 Hire a personal coach."
Modern Maturity



Sessions are face to face at Coach₂Live's offices or via Skype. It is important to create a space for meaningful interaction without distractions. Coaching on other premises should meet these criteria.

Sessions maybe recorded with the permission of the client and recordings are available to the client.

Representation

Your Coach is a trained Meta-Coach and has

- Internationally recognised credentials and licensing as a Neuro-Semantic Meta-Coach with the International Society of Neuro-Semantics (ISNS)
- Internationally recognised credentials and licensing as a Coach with The Meta-Coach Foundation (MCF).

I believe I can make a valuable contribution to you and your business as well as to any organisation that you may be affiliated to and would be happy to be associated with you.

Rates

Program	Cost per Session	Sessions
Problem ₂ Opportunity sessions	R 1 500	3 x 90 minutes per session
Problem ₂ Opportunity sessions	R 1 500	6 x 90 minutes per session
Executive Coaching	R 1 500	10 x 90 minutes per session
Mastermind Group Sessions CEO Sessions	R 1 000 per person	10 x 120 minutes per session
Matrix Business Plan for Executive Teams	R 2 000	10 x 90 minutes per session
Workshops & Trainings	R 5 500	Half day 5 hours
Workshops & Trainings	R 8 500	Half day 8 hours
Motivational Speaking	R 1 200	20-60 minutes
LAB Profile	R 2 000	1 x 40 minutes per session person
Profile Executive Teams/Employees	R 2 000	1 x 40 minutes per session for Feedback
Crisis Intervention	R 1 500	1 x 90 minutes per session

Coaching is the self-actualizing technology for the twenty first century, a technology that enables us to unleash and actualize our potentials.

Dr. L. Michael Hall

Meta-Coaching is about facilitating self-actualisation, peak performance and excellence in our Clients



Payment Terms

Payment terms will be agreed prior to commencement of a coaching intervention. If a session is cancelled at short notice, less than 24hr notice, the fee is payable for the session.

The next Step

Thank you for the opportunity to submit this proposal to you and we trust that it meets with your requirements

This proposal is valid for 14 days from date of receipt.

For any queries on the content of this document, please contact Willem Fourie on 082 789 2245

The next step for you is to phone for our first appointment.

If you deliberately plan to be less than you are capable of being, then I warn you that you will be unhappy for the rest of your life. You will be evading your own capacities, your own possibilities. Abraham Maslow