

'WHAT'S BEST FOR YOU' COACHING PLANS

Coaching Alumni Maintenance Plans

In the last 2 years I've had the fortune to coach over 35 private clients. That's over 500+ coaching hours. Some questions which are starting to pop up in conversations with coaching alumni have been:

- I want to call you sometimes to discuss a particular challenge after we've finished our coaching engagement
- I feel embarrassed to call you for 'just one thing' because I know it's your time and I'm not paying you
- I coached with you on my work life, but now I have a personal area, or vice versa
- I should be perfect right, after I stopped coaching?. I should 'know how to handle everything'

Here's a perspective for you - our cars, home appliances,
fitness & health ALL REQUIRE REGULAR MAINTENANCE & FINE TUNING

why would you be any different?

Life is dynamic. What you needed a year ago is so different from what's here now. Without growing and progressing, words such as goals, success and achievement may lose their meaning in our lives.

If you are committed to your highest version of yourself, coaching is not a sign of weakness. In fact, it's the opposite.

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You don't need a coach only when there's something to fix. While this may be true, there's much more to your life than just fixing right? For that matter, why does an Olympic athlete work with a coach? It's because there's an intention to excel.

I offer 2 convenient formats designed around your ongoing coaching needs

Single one hour session x 3

You can space these sessions whenever you want as per your convenience, as long as it's once a month for 3 months

This format works really well when:

- You need conversation style discussion which always helps you to walk away with fresh perspective / insight/ coming unstuck
- You are about to make a big decision and need some support to ensure
- Your inner gut says "I could really use a couple of sessions with Erica to work through this"
- You feel really disconnected from your goals, values and best self - blah

What's not included here:

- Goal setting. This is more topic based coaching
- Formal questionnaire, self discovery, measurement, reflection on goals and completion session
- Long term accountability and planning
- It is a minimum of 3 sessions

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Regular ongoing coaching engagement - 6 month, monthly / bimonthly

Clients who've worked with me for a year continuously have report shifts in their entire life - relationships, career, health has been dramatic. Sometimes the goal you were working on is achieved and now you've turned your attention to a completely different part of your life.

This format works really well when:

- You have a clear 3-6 month life intention and topics which requires regularity to harness your own drive and energy and you want to pace yourself to burn this slowly and not go crazy with a fast pace
- You want to create 2 - 3 specific goals and you feel empowered to work on them. You want your coach with you along the way
- You need a thought partner as you go through ups and downs of the creativity, resourcefulness and emotions on the journey ahead
- Your feel like the athlete who has committed to run a long marathon and needs help to fuel for the ride