

One-off Coaching

These sessions start from £75 + VAT, are payable in advance and last between sixty to ninety minutes. Discounts are available for returning customers.

Coaching Programmes

Coaching programmes start from £200 + VAT and include telephone 'checkpoints' in between your scheduled sessions. Investing in a programme usually yields better results than a one-off session as your coach is able to support you for longer on your goals. All sessions on a programme must be used within twelve months.

Employers are often willing to meet the cost of your coaching as part of their training & development budget. During your consultation call, your coach can help you prepare for that conversation.

Coaching Programme Options

- A. Three sessions and two checkpoints
 - B. Four sessions and three checkpoints
 - C. Six sessions and four checkpoints
- Mentoring is available on request

**Prices are subject to change. Always check during your consultation*

Accountability and Action Planning

For clients who are already clear on their goals and projects but need support with staying on track, an accountability service is available. This involves regular checkpoints where you discuss your progress, explore any barriers and agree tangible actions that you will take. These checkpoints are the kick up the butt that you can't give yourself! Packages are 4, 6 or 9 checkpoints and start from £100 + VAT.

Contact Micarlib to book your free consultation

Email contact@micarlib.com or call 07766 251 848