

Life Coaching Fees and Payment Plan Options

Program Name/s	No of Sessions	All money is AUD\$* Total Payment Upfront	Payment Plan Options		
			2 X Payments	3 X Payments	Payment per Session
Face-to-Face Coaching (60 minutes) - Embrace My Future - Increase Performance - Discover Myself - Manage My World - Accountability Coaching	6 9 12 20	\$590 \$850 \$1100 \$1780	2 x \$310 2 x \$440 2 x \$575 2 x \$920	3 x \$210 3 x \$310 3 x \$395 3 x \$625	6 x \$110 9 x \$105 12 x \$100 20 x \$95
Phone or Skype Coaching (available for all programs) (60 minutes)	6 9 12	\$480 \$700 \$920	2 x \$250 2 x \$360 2 x \$475	3 x \$170 3 x \$250 3 x \$330	6 x \$90 9 x \$85 12 x \$85
Career with Purpose (Face-to-Face Coaching)	3 x 2hr 6 x 1hr	\$560 \$590	2 x \$290 2 x \$310	3 x \$200 3 x \$210	6 x \$110
Irregular Coaching - Face-to- Face - Phone or Skype Coaching	1 1	\$120 \$90			

Please Note:

- Fees include one hour coaching and resources.
- For face-to face coaching in Sydney - Fees quoted also include a beverage and travel within a 15km radius of Amanda's office (Nth Beaches, Sydney). Travel costs will be charged at \$80/hour plus ATO standard \$/km. Additional expenses such as parking and tolls will also be paid by the client.
- *All money is AUD\$. Payments are to be paid directly into an account via internet transfer or by credit card through PayPal. Anyone living outside Australia and paying by PayPal will be charged an extra 5% to cover fees, currency exchange and international postage.

Summary of Life Coaching Programs

Program Name	Who will Benefit	Topics Covered
Embrace My Future	This program will help anyone who is looking for greater fulfillment in their life or desiring to reach new levels of achievement and success. It is the best program for any person who is transitioning to a new stage in life or who is feeling stuck or frustrated about what's next. Do you want to change your life, unlock your potential and embrace your future; then this program is for you!	<ul style="list-style-type: none"> - Defining self and personal foundations: passions, personality, convictions, values, priorities and purpose. - Seeing the future by clarifying your mission and vision - Planning for action by setting goals and strategies. - Recognizing obstacles by identifying personal limitations, fears and comfort zones. - Intentionalizing change by stepping out and doing the new.
Increase Performance and Personal Growth	This program is for any person who wants to achieve new levels in any area of their world or to start a new business. You will begin by defining vision and setting goals. You will recognize your own limitations by assessing and changing personal disciplines, thinking patterns and personality weaknesses. The coaching will provide ongoing accountability which is invaluable in this process of growth.	<ul style="list-style-type: none"> - Define vision and set goals. - Establish a 'plan of attack'. - Recognize obstacles by identifying personal limitations, fears and comfort zones. - Change thinking patterns and personal habits. - Establishing performance and accountability systems.
Discover Myself	This program will benefit anyone who desires to know and understand them self at a deeper and richer level. People become more confident and empowered when they have a greater revelation of self. Anyone will benefit from doing this coaching program.	<p>You will identify and/or build:</p> <ul style="list-style-type: none"> - Personal passions, purpose and vision. - Your values, priorities and motivations. - Your personality type - strengths and weaknesses. - Possible work/careers/businesses that would suit your personality/ talent mix.
Manage My World	Do you have a full life and sometimes feel stressed, tired and overwhelmed. Are you frustrated because you are not achieving the things that are important to you? If you said 'yes, that's me!', then this program is for you. The topics covered will help those who are craving peace, direction and order in their life.	<ul style="list-style-type: none"> - Management of time, money, body, emotions, mind and spirit. - Balancing relationships and responsibilities. - Defining priorities and establishing boundaries. - Dealing with stress. - Establishing systems and structures in your life.
Career with Purpose	Are you re-entering the work force, searching for a new career or desiring to take up new studies? Would you like to have a career that fulfills your inner purpose, values, passions and drives; complements your personality; and uses your talents and skills? This program will help you define all these personal attributes and direct you towards a career field and position that will be satisfying and rewarding.	<ul style="list-style-type: none"> - Life and career purpose, vision, values and expectations. - Personal passions and what factors drive and motivate you in life and work. - Personality traits and type. - Skills, capabilities and personal strengths. - Job specifics - career field, position, level of responsibility, salary and location. - Job searching, resumes and interviews.
Accountability Coaching	This program is for anyone who desires regular long term accountability. You will have a fundamental understanding of who you are but desiring greater levels of personal growth and development and higher levels of performance and success. In this program you will receive ongoing support, empowerment and guidance.	<ul style="list-style-type: none"> - Coaching focus is broad but also specific as to the goals the person desires to work towards. - This style of coaching is also perfect for people who want someone else to 'process' life with and to have a sounding board to discuss decisions and issues of life. - Longer term commitment of 6-24 months

Note:

- All programs are flexible – they adapt and evolve to suit each client's needs, desires, goals and progress.
- All programs can be conducted either face-to-face or through phone and internet coaching.