

COACHING OPTIONS

One hour Goal Setting & Planning Session | £80

A one-hour session to explore what's going on, identify priorities and agree clear goals. No commitment at this stage. The first session gives your teen a chance to experience coaching before deciding whether they'd like to continue.

Want to continue?

Book six coaching sessions following Goal Setting & Planning Session and receive £50 off the coaching package.

6 Coaching Sessions tailored to your teen's needs. | £445

Pay in full at booking to secure your place, or choose two instalments by agreement.

What's Included?

- **Session summaries with key wins and clear next steps, so progress is easy to see.**
- **Option to sign up for mid-week check-ins**
- **Google folder containing session summaries, plans and resources.**

6 x 1 hour Sessions
Format: Online

In-person coaching available at a higher rate. Please enquire for details.