

### Coaching FAQ's:

**How is your coaching different?** Many coaches deliver a standardized program. Everyone follows the identical plan. Our coaching will be customized for your specific goals.

**What's your expertise?** Barbara is trained in the behavioral science of individual and interpersonal achievement. She holds dual degrees in Clinical Psychology with post-graduate training in Coaching, and completes rigorous professional psychology continuing education. She has been coaching professionals, teams and leaders as a business psychology and productivity coach since 1998.

**What happens during the first coaching call?** We schedule an hour and plan the goals for coaching.

**What happens during ongoing coaching?** We schedule an hour and follow this format:

- Discuss Action & Results
- Explore Successes & Challenges
- Problem-Solve & Strategize
- Set Goals & Select New Actions

**What is required?** The usual approach requires a heavy load of homework. Our coaching will focus immediately on making your life better, not harder. Clients choose the direction, the actions and the pace.

**How do I start?** The 3 month trial allows new clients to experience custom coaching and get results quickly. [Contact](#) BKC to schedule a complimentary consultation to explore your questions and interests.

### Coaching Plans:

#### New Client - Coaching Start-up

3 month trial term: \$1700

#### Coaching Renewal Options:

6 month term: \$3400

12 month term: \$6200

**How do the coaching plans work?** Clients contract for individual coaching based on the length of coaching desired. The client is guaranteed a total number of sessions for the coaching term, based on 2 sessions per month.

**How do we pace the sessions?** The term provides consistency with flexibility. On average we will coach twice a month.

**What about missed sessions?** Lack of consistency undermines effectiveness. Client cancellations will count as a used session and the term will end as planned. Coaching provides both support and accountability.

**What's the difference between the renewal options?** Clients who commit to longer terms benefit from a discount.

**Do I have to start with the 3 month trial?** Select any plan you prefer.

**What about Team Coaching?** [Contact](#) me to discuss team coaching. We'll structure the best plan for your team.

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