

**COACHING**

Coach leaders,  
individuals & teams  
nationwide

**SPEAKING**

Productivity for  
individuals, teams &  
organizations

**CONSULTING**

Advising organizations on  
growth, recruiting  
& development

**Coaching FAQ's:**

**How is your coaching different?** Many coaches deliver a standardized one-size-fits-all program. Our coaching will be customized for your specific goals. Similar to the way a sports psychologist works with a star athlete, our coaching will focus on building an individualized vision, strategy and execution plan to deliver ideal performance.

**What's your expertise?** My expertise is in the behavioral science of individual and interpersonal achievement. Professionally trained in Clinical Psychology and Coaching, I maintain my psychology license with ongoing training. I've been coaching professionals, teams and leaders for over 15 years.

**How do I learn more before committing?** *Schedule a complimentary consultation to explore your interests.*

**What happens at the start?** We schedule an hour and plan the goals for coaching.

**What happens during the term?** We continue to schedule hour sessions 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 easier and better, not harder. **Clients choose the direction, the actions and the pace.**

**How do I choose terms?** The 3-month trial allows new clients to experience custom coaching and get results, before committing to a longer term. If you complete all your goals in 3 months - Awesome!

**Coaching Plans:****New Client - Coaching Start-up**

3 month trial term: \$1850

**Coaching Renewal Options:**

6 month term: \$3650

12 month term: \$6700

**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.

**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 is about balancing support and accountability.

**What's the difference between the renewal options?** Clients who commit to the annual term 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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