



FOSGAIL Executive Coaching Packages

60-day Standard

- Two-month commitment
- 3 one-hour coaching sessions scheduled 2-3 weeks apart
- 1 reflection meeting to assess progress and discuss next steps
- \$450

60-day Plus

- Two-month commitment
- 6 one-hour coaching sessions scheduled weekly for the first three weeks of each month
- 2 reflection meetings to assess progress and discuss next steps
- \$900

90-day Standard

- Three-month commitment
- 6 one-hour coaching sessions scheduled 2 weeks apart
- 2 reflection meetings to assess progress and discuss next steps
- \$900

90-day Plus

- Three-month commitment
- 9 one-hour coaching sessions scheduled weekly for the first three weeks of each month
- 3 reflection meetings to assess progress and discuss next steps
- \$1350

Single Sessions and Custom Packages

- One-hour session rate: \$150
- Develop a package to fit your needs for any duration and frequency
- Free reflection meetings at regular intervals to assess progress and discuss next steps