



PRICING SCHEDULE AND COACHING OPTIONS

Please review and select the options that meet with your schedule and financial situation. Thank you.

INDIVIDUAL COACHING

Fees: \$57 per session or \$200 for 4 sessions, once a week for a month

Duration of sessions: Approximately 50 minutes per session

FAMILY / COUPLE COACHING

Fees: \$97 per session or \$360 for 4 sessions, once a week for a month

Duration of sessions: Approximately 50 minutes per session

Both individual and family/couple coaching include a FREE initial 20-minute Coaching Assessment – **'Are you Teachable?'**

PROGRAM CONTENT – CONFLICT COACHING TALK SERIES – 'COACH TALKS'

These **'Coach Talks'** are engaging and interactive as so participants can learn new skills, improve behaviors, and use valuable techniques as individual or in a group environment:

- You Have Conflict!
- The Change is You
- Changing You
- Listening? Are You Really Listening? (2-part series)
- Qualities that Connect ... Trust, Respect, and Being Valued
- Conflict Coaching for Teens (2-part series)
- Surviving with Teamwork



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Note: All 'Coach Talks' are approximately 1-hour in length – Standard Fees of \$127 apply.

SMALL / LARGE BUSINESS CONFLICT & TEAMWORK COACHING

Standard Fees: \$127 for a 1-hour session for group engagements. For sessions longer than 1-hour in length (i.e., 2, 4, or up to 8 hours), the fees are negotiated. Includes a FREE initial 20-minute **Leader's Coaching Assessment** for the business management team

GROUP PERFORMANCE 'COACH TALKS'

Small / Large Business Groups include people who all work for the **same company or corporation**, such as a group for:

- Executives deepening understanding of conflictive issues and techniques to help resolve them
- Managers of teams in creating a more positive work environment and improving conflictive problem solving skills
- Team members who are focused on peer relationship building

Affiliated Groups are made up of people in the **same company or industry** who interact on a daily basis, and have similar conflictive issues, such as:

- Hair Salon Stylists
- Real Estate Agents
- Health and Fitness (Yoga Studios, Fitness Clubs, Nutrition and Exercise Groups)
- Home Improvement Store Personal (Lowe's, Home Depot, etc.)
- Unified School Districts (teachers / students)
- Utility Workers – Office / Field (Southern California Edison, Southern California Gas Co.)



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FIVE GREAT REASONS FOR GROUP PERFORMANCE 'COACH TALKS'

1. **Richness in diversity** - groups are inter-developmental, providing participants with a richer experience because of the diverse energy and ideas. Each member's unique voice and perspective is honored.
2. **More "aha" moments** - each member's issues, insights, and solutions are highlighted with brilliant clarity because their own experience is witnessed, triggered, and mirrored by other members in the group.
3. **Collective wisdom** - members come to trust and respect the enhanced wisdom that emerges from a well-facilitated and committed group.
4. **Accelerated growth** - members will progress faster, learn more deeply, and derive more joy from the journey.
5. **Safety in numbers** - the group coaching community provides a safe place to stretch and develop both personally, and professionally. The sense of isolation and loneliness can drop away and be replaced with a sense of belonging.

ALL 'COACH TALK' PROGRAM SERIES INCLUDES:

- Participant subject-related exercises and support materials
- Email follow-up support between and after sessions



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SCHEDULING SESSIONS

	Monday	Tuesday	Wednesday	Thursday	Friday
Session Day:					

	am	pm	PT	MT	CT	ET	Other
Session Time:							

PROCEDURES

- Call (805) 794-1255 for our sessions.
- If you call in and get my voice mail, please call back after one full minute.
- Please leave a message and wait for me to call you back.

I / We understand that Gary R. Gasaway is not a licensed therapist and that I am / we are responsible for all individual / or group decisions, actions, and feelings

Client Signature

Date