

# Coaching Packages

Coaching is most transformative and effective when done regularly over time. Sometimes however, life throws us a curveball and we need support for a short term goal or to overcome a hurdle. Maybe you need intensive support but don't have the time to make a regular commitment.

Whatever your situation, there's a package to suit your needs.



**50 BD**

**PAY AS YOU GO**

Pay per-session to spread the cost and make progress at a rate that suits your budget.

**CONVENIENT**



**470 BD**

**10 SESSIONS**

Pay for 10 sessions in full to receive the best value price and stay accountable for an extended period of time. Perfect for those medium to long-term goals.

**BEST VALUE**



**750 BD**

**VIP**

If it's fast, serious results you're looking for, book a personalised VIP-Intensive day tailor made to your specific needs.

**VIP OPTION**