

Quilken's Personal Coaching Packages

Quilken's personal coaching packages are designed to be flexible. We have a choice of All Inclusive set packages, or un-defined time frames, depending on your need and budget.

Personal Start Up All inclusive 4 month package -	Personal Plus All inclusive 7 month package -	Personal Momentum Flexible, monthly retainer package -
<ul style="list-style-type: none"> ▪Face to face kick off & goal setting 1 – 1.5 hrs ▪3 Monthly telephone sessions 45 mins each ▪Face to Face wrap up Approx 1 hour ▪Email contact & support Variable ▪<i>Total of 5 sessions spanning approx 6 hours support time</i> 	<ul style="list-style-type: none"> ▪Face to face kick off & goal setting 1 – 1.5 hrs ▪3 Monthly telephone sessions 45 mins each ▪Face to face Mid point review Approx 1 hour ▪3 Monthly telephone sessions 45 mins each ▪Face to Face wrap up Approx 1 hour ▪Email support Variable ▪<i>Total of 9 sessions spanning approx 11 hours support time</i> 	<ul style="list-style-type: none"> ▪Face to Face kick off & goal setting ▪Ongoing bi-weekly or monthly telephone sessions. ▪Progress reviews every 3 months ▪Email Support ▪Personal Communications Style Analysis ▪<i>Minimum 3 month or 6 session commitment</i>