

Gambot

COACHING AND CONSULTING

Individual & Team Coaching



Coaching for Individuals & Teams

Coaching is a reflective process in which the coach accompanies the client in their self-development and is most appropriate for those who are ready to move forward in their goals and self-development. As a coach, I can help you as work toward a large number of personal or professional goals, such as:

- executive presence
- self-awareness
- teaming
- increased engagement
- increased professional performance
- personal growth
- topic of your choosing

Coaching sessions are client led, meaning that as a coach, I will not have a set agenda for you to work through. Instead, we'll focus on what is most present for you. As a client you can choose from a library of resources to

What clients say:

Sarah Budd's thoughtful approach to growth and development as a leader and person, provided me with an introspective view of myself and approaching others...our development sessions have helped me in approaching my management team from a different paradigm. Prior to our time together, I found myself trying to build other's weaknesses, which often times resulted in disengagement. After opening my eyes to strength development, I have seen a higher level of engagement from my group, which in turn is reflecting on their approach to our employees and customers.

- Nick O. Area Manager, Financial Services

Sarah has a rare ability to draw the best out of people. She is adept at posing simple questions which profoundly switch your perspective and make you realize new possibilities. Sarah can both challenge and encourage at the same time!

-Mike C.

"We do not learn from experience, we learn from reflecting on that experience."

- John Dewey
(American philosopher,
psychologist
& educational reformer)



Coaching Rate Sheet

For Individuals:

Phone or video chat

Single session	\$300
3 month duration, \$250 per session (6 sessions)	\$1500
6 month duration, \$200 per session (12 sessions)	\$2400

In person, at your location

Single session	\$400
3 month duration, \$350 per session (6 sessions)	\$2100
6 month duration, \$300 per session (12 sessions)	\$3600

For Teams:

Groups of two - four meeting together & focusing on the same content. Meetings are held in person, at your location.

Single session	\$700
3 month duration, \$650 per session (6 sessions)	\$3900
6 month duration, \$600 per session (12 sessions)	\$7200

“The Institute of Coaching cites that over 70% of individuals who receive coaching benefited from improved work performance, relationships and more effective communication skills. They also reported that a huge 86% of companies feel that they recouped the investment they made into coaching plus more on top.”

(Forbes, “How Does Coaching Actually Help Leaders?”
March, 2019)

