

Gambot

COACHING AND CONSULTING

Individual & Team Coaching

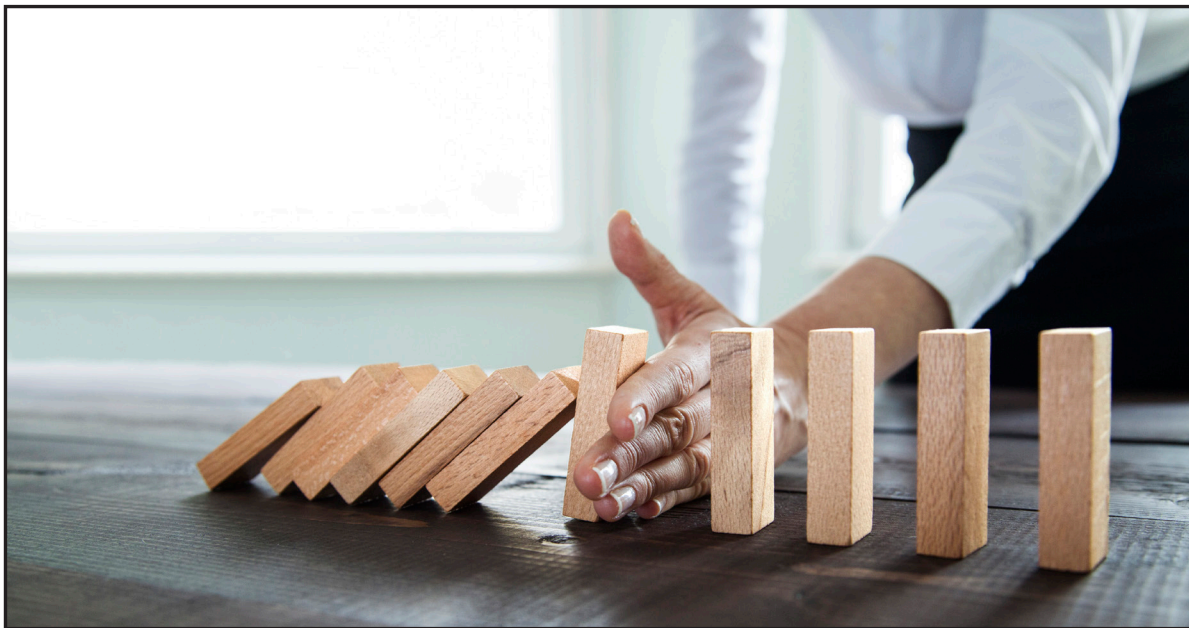


Coaching for Individuals & Teams

Coaching is an opportunity to go deep into how your current strategies are working for you in light of your goals. It 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. This means 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 discuss or bring your own topic.



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

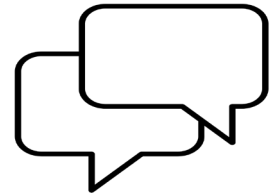
- John Dewey
(American philosopher, psychologist
& educational reformer)

What Clients Say

Sarah is a very skilled coach. She used a powerful combination of curiosity through questioning, deep listening, and sharing insights/intuition to help me to achieve some important goals that I had previously been stuck on. I always felt her support but also appreciated that she challenged and encouraged me to stretch to make measurable progress towards my goals. Her coaching was focused on what and where I wanted to explore. I always felt she was there selflessly to help me move forward. I recommend Sarah highly and without any reservations!

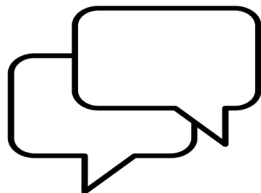
- Sharon

Thank you for helping me to see my strengths. I tend to focus on my weaknesses. This has been encouraging and exciting to learn about how to move forward in strength and how I can serve others in a more productive way and not wear myself out in the process. Thank you!



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 time 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.



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!

Sarah creates a warm and safe environment that I feel relaxed and comfortable sharing what is happening in my life. She continues to help me in my transformation of growing, learning and making changes in all areas of my life. It is through her gentle coaching that I am able to move forward in my journey. I always look forward to my time with Sarah. Coaching is truly a wonderful experience.

- Margaret E.

I had the most wonderful business coaching experience with Sarah Budd over the last six months. Sarah is an incredible listener. I found myself repeatedly impressed with the details she would pick up through our conversations. She knew when to redirect me (moments of self-doubt) and she knew when to dig in a little deeper and help me focus on the answers within. I am so grateful for her knowledge and experience. She is well read and unbiased-- she directed me to learning materials and resources I would never have known about. She has helped me change and grow incrementally in the last six months. I would highly recommend Sarah to anyone looking to learn and grow in your life.

- Debbie C.

Coaching Rates 2025

For Individuals:

Phone or video chat

Single session	\$400
Six sessions	\$2400
12 sessions (\$375 per session)	\$4500

For Teams:

Groups of two - four meeting together & focusing on the same content. Meetings are held virtually.

Single session	\$700
Six sessions	\$3900
Twelve 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)

