



Compassionate Mind

Coaching & Counseling

Coaching Services

Compassionate Mind provides Life Coaching and Executive Coaching services. Working with one of our certified coaches, you will have the opportunity to explore how you want to approach goals and challenges in your personal or professional life. We offer customized coaching packages as well as a la carte sessions.

Life Coaching: Life coaching focuses on developing goals, creating possibilities, and managing change in work and personal life. Every individual is viewed as creative, resourceful, and whole. The process is thought-provoking while compassionate. Partnering with a coach, you will develop action plans and commit to a way forward that will lead you to a more fulfilling life. Topics range from career coaching to health and wellness coaching. Each session is 1 hour in length. Life Coaching Packages can be purchased in two, three, or five coaching sessions.

Executive Coaching: Effective leadership makes a positive difference in the workplace and creates the climate in which people turn challenging opportunities into remarkable successes. Executive coaching provides an opportunity to explore how you want to enhance leadership skills and behaviors. Packages can be purchased in two, three, or five 1-hour coaching sessions for professional development. You will meet with a coach to strategize leadership goals and develop an approach to challenges. Over the course of the sessions, a coaching relationship is developed which facilitates professional development. This encourages leaders to become more self-aware and empowered to develop solutions.

Group Package (recommended for teams) This package provides a pre-brief of leadership practices, a 360 assessment which identifies the strengths and areas of improvement for leaders through observer feedback, and a 1:1 debrief coaching session. Please see Executive Coaching Group Packages for additional details.

| Service ID Number | Service Type | Description | Price |
|-------------------|---------------|-------------------------------------------------------------------------------------------------------------------------------------|----------------------------|
| LC Individual | Life Coaching | Individual coaching session for personal or professional development. Client sets goals, explores solutions, and commits to action. | Starting at \$200 per hour |
| LC Package 1 | Life Coaching | 2 (1 hr.) Coaching sessions | \$360 (10% discount) |
| LC Package 2 | Life Coaching | 3 (1 hr.) Coaching sessions | \$510 (15% discount) |
| LC Package 3 | Life Coaching | 5 (1 hr.) Coaching sessions | \$800 (20% discount) |

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| EC Individual | Executive Coaching | Individual coaching session focused on executive leadership behaviors and practices. Client goals are primarily leadership skills development, improvement, and maintenance. Optional Leadership Practices Inventory (LPI) 360 Assessment for additional \$100. | Starting at \$300 per hour |
| EC Package 1 | Executive Coaching | 2 (1 hr.) Executive coaching sessions | \$540 (10% discount) |
| EC Package 2 | Executive Coaching | 3 (1 hr.) Executive coaching sessions | \$765 (15% discount) |
| EC Package 3 | Executive Coaching | 5 (1 hr.) Executive coaching sessions | \$1200 (20% discount) |

Packages can be customized, please contact for details and pricing. Additional coaching sessions available a la carte.

Contact information

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