

SARAH B RAWZ

It's time to connect! Hurrah!

Why a consultation rather than just diving in? In coaching, the fit matters a ton. This is a time to connect and explore a little so that, together, we can determine whether coaching is the right approach for you right now, and whether I'm the right coach for you.

First, a little about you.

Name:

Email:

Phone:

Snail Mail (I just have an affinity for handwritten notes):

Now, let's prep for our time together.

What inspired you to schedule this consult with me?

If you could hey-presto any changes in your life, what would you create/eliminate/change?

What questions or concerns do you have about coaching right now?

How much time could you commit to coaching-related activities in an average week? (highlight one)

15-30 minutes | 30-90 minutes | 90-120 minutes | more than 2 hours

As part of a coaching relationship, I'd invite you to turn your ah-hahs into the actions of your choice, to draw the shifts in thinking toward shifts in behavior. It takes time to create the life and work you want!

Though some people choose to work with me more frequently, most choose my package of 2 meetings each month plus all sorts of support between meetings for \$350/month. Ask me about a discount for pre-committing to 6 months of working toward your biggest and baddest life.