

## OPTION 1

Usually suits those who want assistance with a specific issue that has arisen or to clarify their next steps.

### SINGLE SESSIONS

Session length usually 2 - 3 hours

\$497  
per  
session

Supported by a  
monthly action  
plan

## OPTION 2

Usually suits those wishing to break through a current block so they can move forward. Coaching lasts for a pre-agreed period.

### GPS

Monthly meeting length usually 1 hour

\$197  
per  
month

Supported by a  
monthly action  
plan and weekly  
contact

## OPTION 3

Usually suits those wishing to maximise what they achieve over a longer period. Coaching lasts for a pre-agreed period.

### RESULT MAXIMISATION

Monthly meeting length usually 1 hour

\$497  
per  
month

To set up a SKYPE session to discuss your needs go to:  
[www.transitions.net.nz/contact](http://www.transitions.net.nz/contact)