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Certified Executive Coach



Understand Yourself Better

For those who have never been in coaching before, I always say this: ***Coaching is not advice.*** It's an exploratory process that works more on uncovering your problem than on pointing out a solution. After all, the clearer you are on the problem, the clearer the solution becomes.

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COACHING

VALUE

Coaching can help you face specific obstacles or opportunities. But beyond that, coaching helps you better understand yourself; resolve internal and external conflict; and relate to others in a more productive and meaningful way.

FORMAT

Each session takes place over Zoom and lasts one hour.

DURATION

I recommend meeting every other week. You can opt for 3-, 6-, or 12-month contracts. While the length of our work is up to you, optimal coaching happens when we have at least 6 months to work together.

COST:

Contracts are paid in advance of the work. For pricing, please email me.