

Executive Coaching Pricing

Coaching Packages

All sessions are 50 minutes (standard coaching hour)

Package	Standard Rate	Partnership Rate	Launch Rate
Foundation (3 sessions)	\$3,000 (\$1,000/session)	\$2,700 (\$900/session)	\$2,250 (\$750/session)
Mastery (5 sessions)	\$4,500 (\$900/session)	\$4,050 (\$810/session)	\$3,375 (\$675/session)

Ongoing Sessions (Month-to-Month)

After completing a package, clients may continue with monthly sessions. 30-day notice to adjust or pause.

Retainer Level	Frequency	Standard Rate	Partnership Rate	Launch Rate
Maintenance	1x per month	\$1,000/month	\$900/month	\$750/month
Support	2x per month	\$2,000/month	\$1,800/month	\$1,500/month
Performance	4x per month (1x weekly)	\$4,000/month	\$3,600/month	\$3,000/month

Retainer Level Descriptions

Maintenance: For general wellness and keeping skills sharp. Ideal for executives who have mastered techniques and want periodic check-ins.

Support: For managing ongoing challenges and chronic stress periods (e.g., caregiving, difficult colleagues, sustained high-pressure periods).

Performance: For high-stakes moments requiring peak performance (major presentations, career transitions, critical decisions, board meetings).

Rate Structure Explained

Standard Rate: Regular pricing for all clients

Partnership Rate: For clients in pilot phase or multi-session commitments

Launch Rate: Limited-availability founding client pricing (2026 only)