



REACH YOUR LIFE GOALS
with CRANSTON COGNITION

Personal Coaching Programs

CranstonCognition Personal Coaching Programs



KAREEN CRANSTON BRINGS A FRESH, PROFESSIONAL, PERSONAL APPROACH TO SOLUTION-FOCUSED COACHING

Cranston Cognition prides itself on offering affordable and flexible coaching programs tailored to suit specific lifestyles, budgets and our clients' exact requirements.

There is no charge for the first 1 hour introductory session for Personal Coaching. This free session will enable you to decide whether coaching is right for you.

Coaching sessions can be spaced according to your preference. Generally this will be two to four weeks apart, allowing for action time between sessions. 'Life After Redundancy!' programs can be offered on shorter timescales to suit.

Coaching by telephone and Skype is also available on request.



"Karen is gentle enough to build confidence and trust — and tenacious enough to deliver results."



Contact Cranston Cognition on **01727-869-510** for our current prices and payment options.

Payment:

Programs to be paid for in full prior to commencement.

Cancellation Policy:

For cancellations made with less than 7 days' notice, no charge will be made providing the Session can be filled by another client; failing this, no refund will be given and the Session will be deducted from your Program. Coaching Sessions can be rebooked at no extra cost providing notification is received at least 7 working days prior to the Session.

Travel & Expenses:

Where Coaching take place in St. Albans or at the client's premises within central London and elsewhere in Hertfordshire, there are no additional travel or location costs payable by the client. By prior arrangement, Coaching can take place outside of these locations providing travel and location costs are covered by the client.

One-to-One Coaching

- LEVEL 1 2 x 1hr Face to Face Coaching Sessions

- LEVEL 2 3 x 1hr Face to Face Coaching Sessions
 Free, periodic e-mails between Sessions

- LEVEL 3 6 x 1hr Face to Face Coaching Sessions
 Free, unlimited e-mails between Sessions
 Free short telephone calls between Sessions

- LEVEL 4 Initial Face to Face Coaching Session – up to 2hrs
 11 x 1hr Face to Face Coaching Sessions
 Free, unlimited e-mails between Sessions
 Free telephone calls between Sessions

Personal MOT

Aimed at individuals who may be at a transition in their personal lives and need to decide which path to take.

- Life Audit
- Personality Profiling
- 6 x 1hr Face to Face Coaching Sessions
- Free, unlimited e-mails between Sessions
- Free short telephone calls between Sessions

Career Crossroads

Aimed at individuals who are unhappy with their current role and are considering a change.

- 6 x up to 2hr Coaching Sessions
- Personality Profile Report
- Free, unlimited e-mails between Sessions
- Free short telephone calls between Sessions

Life After Redundancy!

Aimed at individuals faced with redundancy looking for support in their new job search. Engagement and Personality Profiling available on request.

- 3 x up to 2hr Face to Face Coaching Sessions
- CV review
- Interview Techniques and Practice
- Free e-mails between Sessions
- Free short telephone calls between Sessions

First 100 Days Coaching

Aimed at individuals who have won that new job and want to make the best impression!

- 6 x up to 2hr Coaching Sessions
- 3 x 1hr Telephone Sessions
- Free, unlimited e-mails between Sessions