



CranstonCognition™

re:COGNISING POTENTIAL



IDENTIFY & REACH
YOUR GOALS *with*
CRANSTON COGNITION

Legal Coaching Programs

CranstonCognition Legal 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 specifically for the legal profession. All programs can be tailored to suit you or your practice's specific requirements.

We provide an initial scoping session free of charge to identify your corporate goals and relevant measures of success. Selected programs also include a mid-term review to check progress plus wrap-up review to assess results, at no extra charge.

Coaching sessions can be spaced according to your preference. Generally this will be four weeks apart, allowing for action time between sessions. Lawyer Outplacement programs can be offered on shorter timescales to suit your requirements.

Coaching by telephone and Skype is also available on request.



"As a qualified Solicitor with a proven track record in Commercial Law, I can help you identify and reach your goals."



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 Legal Coaching

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

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

- LEVEL 3** 6 x up to 2hr 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 up to 2hr Face to Face Coaching Sessions
 Free, unlimited e-mails between Sessions
 Free telephone calls between Sessions

First 100 Days Coaching

Ensuring new Lawyers hit the ground running and achieve their initial targets fast.

- 8 x up to 2hr Face to Face Coaching Sessions
- 4 x 1hr Telephone / Skype Coaching Sessions
- Free Review Meetings at start, mid-term and end

Lawyer Outplacement

Aimed at Lawyers who want to take the next successful step in their legal careers (in-house or in private practice).

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

Legal Coaching

Aimed at Lawyers who want to take the next successful step in their legal careers (in-house or in private practice).

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

Career Crossroads

Aimed at Lawyers 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