



# Coaching packages

## What is coaching?

Coaching can be a very helpful way of helping someone learn more about themselves and how they work best, set and make progress towards goals or work through challenges. In dedicated 1:1 sessions, I will work with you to unpick the things you want to use coaching to help you with, and support you in finding a way forward.

I use the GROW model, which means I help you identify where you currently are, where you want to be, and how to get there by asking you the right questions to help you develop the answers yourself.

In doing this I may draw on personal experience, or ask you to reflect on yours. What I don't do is sit down and tell you "this is how to do it". Effective coaching is about facilitating you to find your own way - not telling you how I would do it. I may also refer you to other tools, articles or resources that may help you.

## What will you receive?

- A planning workbook. This helps you get everything "out of your head" and make a plan for what you want to achieve in your upcoming sessions.
- Dedicated coaching time. In your sessions (which will be conducted over Zoom) you will be guaranteed my time and full attention and focus. I will come to those sessions prepared, reflecting on our previous session and ready to listen actively and support you.
- Touch points in between sessions. Sometimes in putting into practise what we talk about in coaching, it's helpful to send a quick email with a question or for clarification.

## Coaching session lite

**90 mins**  
**£120**

Focussed time to talk through a particular challenge, question or area you'd like advice and support with.

## Half day focus session

**3 hours**  
**£240**

Focussed time to get into more detail about a challenge, question or focus area. Ideal for;

- event or campaign planning
- a management or leadership issue
- advice on finding your next fundraising role

## 3 session coaching

**3 x 90min + 30min intro & planning**  
**£350**

Perfect for helping you prepare for a new role, a new project, a step up or a longer-term challenge or focus area such as line-management.

Your sessions can be held monthly, or at 2-week intervals. Included is a 30min planning session to help you focus on what you want to get out of coaching and your timelines.

## 6 session coaching

**6 x 90min + 30min intro & planning**  
**£645**

For when you feel you may need a few more sessions to help you make progress and find solutions. Can be really helpful during your first 6 months in a new role, when going through a period of change, or taking a step up into a leadership role.

Also includes a complimentary 30min introduction and planning session.

## Ready to book?

Email [hello@fundraisersarah.com](mailto:hello@fundraisersarah.com) or give me a call on **07881 822 896** to reserve your coaching sessions. Limited availability to two coaching clients a month.