



2016 Individual Coaching Program Details

Each Coaching Program includes:

- 120 minutes of one-on-one coaching each month, to be utilized in 30- or 60-minute increments
- Sessions via phone, Skype, Zoom, or in person in my downtown Tacoma office
- Clients-Only Monday Motivational Email
- Online Coaching Session Focus Form
- Clients-Only Resources area on TheIntrovertEntrepreneur.com
- Easy online monthly payment and scheduling/rescheduling options
- 25% discount for “The Introvert Entrepreneur 2.0” online companion program to the book

Coaching Program Investment

Initial 90-minute Discovery Session: \$250

3-month commitment	\$500/month
6-month commitment	\$475/month
12-month commitment	\$450/month

Before the penultimate session in your program, you'll be asked how you'd like to proceed. You can choose to come to completion in the final session of your program, renew your current program, or switch to a new one.

You will experience the best results for yourself and your business when you are committed and consistent. These program timeframes assume consecutive calendar months, without breaks.

Connect with Beth for additional information or to schedule a Coaching Information Session: Beth@TheIntrovertEntrepreneur.com



2016 Insight Strategy Sessions Details

SESSION LENGTH	INVESTMENT
One Hour	\$300
Two Hours	\$550
Three Hours	\$750
Six Hours	\$1,500

Notes:

- All session options include a secure online client-only accountability/progress update form.
- Sessions are conducted on Skype, Zoom, phone, or in person in the downtown Tacoma, WA office.
- Amounts are listed in USD.
- Session packages of two hours or more may be spread out over a period not to exceed two months from the date of the signed agreement.
- You will receive a Pay Pal invoice for the full amount due (unless other arrangements have been made) upon receipt of a signed agreement. Payment is due before the first session. If you wish to pay by check, your check must be received before the first session. Details are outlined in the Insight Strategy Session Agreement.
- Consistency, commitment and communication are essential to an effective working partnership. Consider that if you enter into this partnership, you are 100% committed to your personal and professional growth, as well as to honoring your agreements with your coach and yourself.
- Details about Insight Strategy Sessions can be found at <http://theintrovertentrepreneur.com/strategy-sessions/>