



# 1-2-1 Packages

The table below outlines the 1-2-1 Personal development package for Creative Muscle clients. The packages are based on an minimum period of 3 months as part of the initial consultant and coaching agreement\*. The initial consultation is free and required for outlining the success criteria, key milestones and objectives.

\*Coaching agreement is a document created after the initial session that outlines the key goal and objective of the client and the basis for the commitment to achieving the clients goals.

**Inspirational motivator** – Get your mojo back and build your momentum for reclaiming what inspires you!

**Accelerated Success** – Knowing what you want is only part of the picture. Align yourself with a strategy and laser focus to get the result you want.

**Personal Transformation** – Leaving the cocoon of your comfort zone to emerge empowered and ready to fulfil your purpose is no small feat, It's not about achieving goals it's about being the best you can be. This requires you to go deep and return transformed.

What's included	Inspiration Motivator	Accelerated Success	Personal Transformation
1-2-1 Sessions (online or face to face)	60mins	90mins	120mins
Review Sessions	Monthly	Monthly	Bi-Weekly
Email Support	√	√	√
Strategic Planning	√	√	√
On-line Webinars		√	√
Discount for Workshops (up to 20%)		√	√
Entry to one day workshops (subject to availability and restrictions)**			√

The times are indications of how long the session will be although in some instances the timings can be split different days Sessions maybe face to face or on-line

\*\*Limited to 2 one day workshops per year.