

Price Guide / Self-Funded Work

This pricing applies to individuals self-funding coaching and specialist, themed, or identity-informed support.

Discovery Call

Free 20-minute pre-arranged discovery call (optional)
To explore needs, context, and whether my approach is the right fit.

Standard Session Fees

£65 per 60-minute session

£95 per 90-minute session

30-minute sessions: £40

Suitable for check-ins, focused goal work, maintenance sessions, or support through specific challenges or budgeting needs.

Pre-Booked Session Discounts

For those committing in advance, discounted rates apply:

- 6 sessions booked in advance: **£5 reduction per session**
- 10 sessions booked in advance: **£10 reduction per session**

This applies to 60-minute and 90-minute sessions.
Pre-booked sessions are paid in advance.

Flexible & Focused Coaching & Mentoring Options

Alongside ongoing coaching and mentoring, I offer flexible options to support specific needs, transitions, or focused areas of work. These can be particularly helpful if you are not looking for regular sessions or would like space to think through something specific.

- **Consultative Coaching & Mentoring**
A space to think through a specific situation, decision, or area of development, supporting clarity, confidence, and next steps.
- **One-off / Focused Sessions**
Single sessions centred on a particular issue, transition, or area of complexity, offering structured reflection and support without ongoing commitment.
- **Ad-hoc (as needed) Sessions**
Flexible sessions arranged as required, providing support during periods of change, pressure, or increased demand.
- **Review / Revisit / Update Sessions**
Sessions to return after a break, reflect on progress, revisit goals, or consider next steps in your personal or professional development.

These sessions are charged at the standard session rate, with flexibility discussed where appropriate.

Payment & Cancellation

- All self-funded coaching sessions are paid in advance of the session starting.
- Pre-booked or block bookings to be paid in advance
- 48 hours' notice is required for cancellations.
- Sessions cancelled with less than 24 hours' notice may be charged at the full rate.

Accessibility

A small number of reduced fee sessions are available for individuals experiencing financial difficulties.

Please contact me to discuss availability.