

Coaching for People Who Want to Grow

I work with people who want to grow and develop themselves so they can live their best lives at work AND at home. I offer different coaching packages so you can choose the one that best suits you. If you have questions, reach out to me at: 403-483-0137 or jmacphersonconsulting@gmail.com.

Chat soon,

Janice MacPherson

PS. Could your employer pay for your coaching? I can provide a proposal. Let's talk.



PLANT THE SEED

Want to start small? Have a very specific topic to work on? A one-hour session is perfect.

\$200
per session

NEW GROWTH

Devote more time for deeper exploration or clarify your direction. Includes three one-hour sessions

\$495
per package

SPROUTING OUT

Explore your current state, clarify your destination, and have support as you move in your new direction. Includes six one-hour sessions.

\$1050
per package

ASSESSMENT PACKAGE

Choose one assessment: Emotional Intelligence (EQ-i 2.0) or Everything DiSC® then have two - 60 minute sessions to debrief and integrate the results.

\$525
per package

Add an assessment to any coaching package for an additional \$200. Choose from Emotional Intelligence (EQi 2.0) or Everything DiSC.

Payment plans are available for all packages - ask me for details.

What's happening?

For the latest inspiration and happenings, [read my newsletter](#). You can also [sign up here](#) to receive the latest news directly in your inbox.

READING ROOM

Join this FREE virtual drop-in book club held the second Friday of each month. We'll spend the time talking about all things related to books. There's no requirement to buy a specific book. Just come prepared to talk about what you're reading! Everyone is welcome.

SEPTEMBER RETREAT

This retreat for women is Sept 20-22 at The Crossing at Ghost River near Calgary. Give yourself the gift of time to reflect, renew, connect, and plan. Space is limited to 15 women. \$1049 plus tax, includes all meals, your own private room, and all activities.

Details and registration for all events can be found on my [website](#).

LET'S WORK TOGETHER!

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Packages for Deeper Commitment

I offer extended, in-depth packages to support you to make a deeper commitment to growth and change. If you're taking on a new role, working to meet ambitious goals, or have a challenging time ahead, a longer coaching package will benefit you.

PS. Could your employer pay for your coaching? I can provide a proposal. Let's talk.

COMING INTO BLOOM

Embrace the opportunity to get to know yourself better, determine your path and make progress while receiving support along the way. Sessions can be scheduled weekly, bi-weekly or monthly, depending on your needs. Includes nine one-hour sessions.

\$1575
per package

READY SET GROW

Ready to commit to some serious growth? This package is for you! Let's take you to the next level professionally and personally. Sessions can be scheduled weekly, bi-weekly or monthly, depending on your needs. Includes twelve one-hour sessions.

\$2000
per package

MY YEAR TO GROW

Together, we'll design your year of coaching to support you in growing and evolving. We'll meet virtually on a regular basis to explore opportunities and blocks, track progress, and create momentum. This package includes one assessment (EQi 2.0 or DiSC). Limited spots available. One year unlimited.

\$4000
per package

For an additional fee of \$200, individual coaching can be combined with an Emotional Intelligence (EQi 2.0) or Everything DiSC assessment to augment your coaching experience.

Payment plans are available for all packages - ask me for details.

Impact of Coaching

1. Grow and evolve

Increase your self-awareness, personal effectiveness, self confidence, and develop your leadership style.

2. Find new solutions

Open your mind to different perspectives and solutions to create clarity around decisions or what you want to gain from your life.

3. Develop greater clarity

Share your challenges with a confidential sounding board and get new perspectives and ideas.

4. Set and Achieve Goals

Make things happen in your life with someone in your corner to support you.

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