

## Invitation to Private Coaching by Dr Ramya Ranganathan

As a first step, I would like to schedule a free 15-minute introduction call with you to:

- (a) understand your requirements and expectations and see if coaching is the appropriate intervention
- (b) explain to you my specific approach to coaching so that you can see if you feel drawn to it
- (c) answer any specific questions you have related to my coaching methodology

### A typical coaching journey includes:

- 1) An initial foundation session that is 90 min to 2 hours long. In this session, we will use a discovery process from the fulfilment coaching model to help you get insights into your own core values (your most natural way of BEING), life purpose (your most natural way of contributing), and natural gifts and talents (your natural DOING tools). This session is key to being able to make rapid and meaningful progress in our future sessions together.
- 2) Ongoing sessions (between 45 minutes to an hour) that will be held 3 times a month. I suggest a duration of 9 months for a transformational rebirthing experience. Think of this as akin to the 9 months a baby spends in the womb before it is ready to be born into the world.
- 3) A closing session that celebrates and consolidates your transformation and progress and empowers you to continue on your own.

**Month 1** - Foundation + 1 session

**Month 2** onwards, 3 Sessions, spaced 1 a week, each month (with the remaining time for inner integration and/or prototyping exercises).

Monthly coaching fee - INR 50,000 + 18%GST

The coaching fee has to be paid at the start of each month. The coaching journey can be stopped by either of us at any point with a one month advance notice if there are compelling reasons to do so. The closing session will be held post completion of the last month - usually in the next calendar month, to give some time for integration. The closing session is always a complimentary session.

