

COACHING

with Sarah Bass





I'm Sarah Bass, a strategic HR adviser, trainer and coach.

I work with professionals and leaders who invest in themselves so they can make a positive impact in their own lives and careers, and in those of their teams. They want to deliver on their purpose, and feel fulfilled and happy.

I believe each one of us is unique and amazing. My style as a coach varies to respond to your particular uniqueness, but I will always be approachable, relatable and pragmatic, so you get the tools and support you need to make the change required.

CONTACT SARAH

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All of Sarah's coaching programs are delivered in the following 3 ways

1 THE INDEPENDENT LEARNER

This is suitable for executives and leaders who are proficient at self guided learning and can effectively implement the things that they learn with minimal support from others.

INVESTMENT: \$2,000 + GST

ITEMS INCLUDED	VALUE
3 x coaching sessions valued at \$500 each	\$1,500
Access to Neurofitness program	\$750
totalSDI assessment with supporting material	\$1,500
TOTAL VALUE	\$3,750

2 THE FAST TRACK PACKAGE

This is suitable for executives and leaders who are keen to see results quickly. They are willing to put the work in through self-guided learning ,and implement every aspect of that learning immediately through one to one coaching sessions.

INVESTMENT: \$3,000 + GST

ITEMS INCLUDED	VALUE
5 x coaching sessions valued at \$500 each	\$2,500
Access to Neurofitness program	\$750
totalSDI assessment with supporting material	\$1,500
Guide to additional materials	\$100
Access to email questions in-between sessions	\$500
TOTAL VALUE	\$5,350

3 THE COMPLETE PACKAGE

This package is suitable for executives and leaders who need to go beyond, and who would benefit from substantial support to ensure they see a sustained and significant behaviour change.

INVESTMENT: \$5,000 + GST

ITEMS INCLUDED	VALUE
7 x coaching sessions valued at \$500 each	\$3,500
Access to Neurofitness program	\$750
totalSDI assessment with supporting material	\$1,500
Guide to additional materials	\$100
Access to email questions in-between sessions	\$500
4 management books, hand chosen for you	\$200
Access to mental health and fitness online course	\$150
TOTAL VALUE	\$6,700