

**New Horizons Coaching
Ray Angelini, Ph.D.
Rate Sheet**

For Individual Coaching, the phone call structure is a minimum of two 45-minute coaching calls per month. The calls are scheduled the first three weeks of the month. Please select the option that is best for you:

- ❑ **\$450 a month for 3 calls — The fast track to making substantial improvements in your life and career.** This option is for *high achievers* who want lots of support and accountability. For some people, a full week seems too long to wait until the next call. Set up to keep you *on track and moving quickly* towards your goal.
- ❑ **\$350 a month for 2 calls — Momentum** and consistent action are the keys to getting the results you want.
- ❑ **\$200 a month for 1 call — Maintenance** option for “graduates” after a minimum of 6 months. Not recommended for the start of the coaching process, as there’s more work to do in the beginning.

I’ve created a **flat fee** for coaching services because I want you to be able to call me for a 5-10 minute check-in or email me anytime in between sessions, during my business hours, **without being charged extra for that time.**

I do ask clients to stay with me for a **minimum of 6 months** so that we may **effect substantial and long-term change.**

You’re purchasing an entire service with this package, including **resources, action steps and recommendations.** Most importantly, you have my consistent support in reaching your life and career goals.

Your Career is the Most Important Investment

Career and Life Coaching is an investment that you make in yourself and in the future of your life. If you’re willing to play big, you will see that your effort, energy and **investment will come back to you in the form of a better work environment, more money** and bigger opportunities.