



annie gelfand
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empowering professionals to lead inspired lives
team, relationship & individual coaching



Individual Coaching Programs from Centre For Life Essentials

Effective January 1st, 2010

Rates subject to change without notice.

(1) Quantum Leap Intensive Package

Description	What it includes	Time	Cost/month*
For professionals who want weekly coaching to accelerate their results and impact	Three Hours per month. Email and phone support between sessions; Exercises and Self-Assessments. Discounts to other Life Essentials' programs (teleseminars, workshops, products).	3 x 60-minute sessions or 4 x 45-minute each month	\$647
6-month pre-payment option	Pay for six months of sessions in advance and save \$250.	6 months of 3 hours/month	\$3,647 Save \$250

(2) Professional Package

Description	What it includes	Time	Cost/month*
Intensive	Two hours of coaching per month, taken as two 1 hour, or three 40 minute sessions; Email support between sessions.	2 Hours/ Month	\$497
6-month pre-payment option	Pay for six months of sessions in advance and save \$150.	6 months of 2 hours/month sessions	\$2,847 Save \$150

*PLEASE NOTE: For special economic circumstances, or if you have recently been laid off and unable to pay these rates, we have **one** scholarship space available for clients with the right fit. If you are interested in learning more, please be sure to ask Annie.*

(3) Sustain Your Momentum - Individual Sessions

Available only after being a "Package" client for 6 months

Description	What it includes	Time	Cost*
Individual Coaching	Benefit from the flexibility of having coaching when you need and want it!	30-Minute Sessions Booked As You Need It	\$150
		60-Minute Sessions Booked as You Need It.	\$275
	Benefit from a package of sessions taken as you need, no deadlines, no expiry dates and save \$45.	Package of either 3 x 60-min. or 6-30-min. sessions	\$780 Save \$45

We accept INTERAC Email Money Transfer, Direct Deposit and Credit Card payments through Pay Pal will have a 5 % fee added.

To arrange a consultation, please contact Annie at (705) 742-7475 or info@life-essentials.com. Coaching programs are delivered by phone. Travel charges for in person work are extra, depending on location. *In Person sessions at Centre For Life Essentials in Peterborough, Ontario are available as well for a minimum of two-hour session fee of \$600 plus GST. **5% GST is additional for Canadian clients.

Effective July 1st, 2010, 13% HST will apply to Canadian clients. All prices quoted in Canadian dollars.

Centre For Life Essentials – Annie Gelfand, MBA, CPCC, PCC

Executive & Life Coach

www.life-essentials.com ♦ Email: info@life-essentials.com