

Newcastle life coach - Aly Sproat

Alyson Sproat provides a comprehensive range of coaching services. For demonstration purposes only examples are shown below.

Discounts are offered to delegates who have attended the Introduction to Coaching Workshop.

Introduction to Coaching Workshops The Seven Steps to Understanding Coaching

Workshop	Dates	Location	Delegate Rate
Personal Coaching	13 January 2008	Newcastle upon Tyne	£75
Business Coaching	26 January 2008	Newcastle upon Tyne	£75
Personal Coaching	10 February 2008	Newcastle upon Tyne	£99
Business Coaching	23 February 2008	Newcastle upon Tyne	£99
Business Coaching	9 March 2008	Newcastle upon Tyne	£99
Business Coaching	22 March 2008	Newcastle upon Tyne	£99

Ebooks

Available on Website Shop

E book	Price
What is Life Coaching - free report	FREE
Unstoppable Confidence	£19.99
How to get what you want in life	£19.99
How to Manage your lost career	£19.99
Effective communication skills	£19.99
Get Motivated	£19.99
The New You	£19.99
Thinking About Being a Life Coach?	£19.99

Individual Coaching Options

Session Length	Face to Face	Telephone	Investment
1 hour	✓	✓	
2 hours	✓	✓	
3 hours / half day	✓		
6 hours / full day	✓		

Coaching Courses

Available for delegates who have attended the Introductory Coaching Workshop

Course	Format	Length	Email support	Investment
Introductory Course 6 sessions	Telephone	45 minutes		£1200
Introductory Course 6 sessions	Face to Face	45 minutes	✓	£1500
Advanced Course 6 sessions	Telephone	45 minutes		£1750
Advanced Course 6 sessions	Face to Face	45 minutes	✓	£2000

Coaching Clubs

10 fortnightly sessions, includes refreshments and materials

Course	Format	Length	Investment
New Insights Coaching Club	Group	2 ½ hrs	£500
Newcastle Life Coach Coaching Club	Group	2 ½ hrs	£500
Newcastle Life Coach Members Club	Workshop	Full Day	£99 per month