

# Coaching for Individuals

Coaching and programs  
facilitated by  
**Bravely**  
[www.meetbravely.co](http://www.meetbravely.co)



See what we've got in store  
for you





## Coaching

We propose Individual Coaching sessions for employees to tackle individual limiting factors and boost development.

The focus of coaching is usually:

- Career/personal issues and/or goals, e.g. procrastination, stress management, burnout prevention, leading a challenging team etc (usually 4-6 sessions).
- Communication skills, e.g. preparation for a difficult conversation, giving feedback, setting boundaries etc (usually 1 session).

During all Coaching sessions we can make use of Action Learning, which is role play of challenging situations with the possibility of video taping to achieve direct behavioural results. Sessions can be remote or face to face.

The fee for coaching is €220 excl. 21% BTW per 60 minutes.



# Coaching

Our Coaching services include the following:

- E-mail support for coachee throughout program
- Our coaches are certified Psychologists, registered with the NOBCO and therefore adherent to the Ethical Code
- Coaching methodologies include Positive Psychology, Acceptance and Commitment Therapy, Solution-focused Coaching, NLP, Cognitive Behavioural Therapy



# Coaching Services

We offer the following coaching contracts:

Coaching subscription (> 30 employees):

- Monthly fee of 30 euros per employee for (remote) unlimited, individual coaching sessions
- Minimum duration subscription: 12 months

Coaching multiple sessions pack:

- Consists of 10 remote coaching sessions that can be used for 6 months. Rate for multiple sessions pack: 1750 euro

# The Bravely Bonus

Some reasons why we (and our previous clients) think it's a good idea to work together



Made to measure

We improvise, change and adapt before & during our program and sessions to incorporate any changes necessary

We know the drill

Having worked with loads of Start-ups and Scale ups, we know how you work and think and adapt our methods and content to you

Science & experience

As Psychologists we provide you with interactive and fun learning that is built on solid, scientific background and years of experience



# The small letters

- The coaching fee as stated in this offer is valid for 2023
- Dates and times of workshops, interventions and coachings can be altered up to 72 hours in advance. Should you have to cancel or change at a later point, we'll have to charge 50% of the individual fee of that specific element
- Locations for face to face sessions are to be arranged and provided by your company. If you'd like us to do that for you (happy to!) let us know and we'll find out what's possible



Any questions?  
Still not sure if this is for you?  
Get in touch.

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