

### Genergy 1-on-1: the ultimate in convenience and flexibility

Just you and one of us. Genergy Coaching is inspiring, provocative, powerful, challenging, creative, transformative and fun! Ultimately, our aim is to work with you to connect you to the best you can be, so that you feel energised, that you can make a difference and that you can lead those around you.

We work from a blank canvass with each individual to design a programme that really works for them rather than one that is pre-determined or a 'one size fits all'. We love to get people out of the office and their normal environments to shift thinking and perspectives. How creative is your office to you? How about being on the beach in Brighton instead?! We want our clients to feel inspired by their coaching experience with us and to really step into their leadership as a result. The following are a list of options to consider or mix and match to create the ideal coaching for you.

Genergy On Call – for those who are busy, need intensive support or who just love to fit the coaching around them. The ultimate in coaching and convenience. Your coach is on call as and when you need them from 9am to 9pm with a guaranteed initial response time of 3 hours and a phone session within 8 hours. You will have scheduled time of 3 hours face to face/phone support and the rest on demand.

Full Immersion – Taking the time out for yourself and the coach to spend quality time together to really uncover your potential. Your first session will be a full day out of the office in an inspiring location chosen by you and your coach. You will then have a half day face-to-face each month.

Monthly boosters – Intensive face to face sessions once a month pre-determined to suit your schedule. A 2 hour session face to face each month with email support in between.

Short and Sweet – Convenient, shorter sessions on the phone to fit around you. Some of our clients short, snappy sessions to keep them on track. This option provides an initial 2 hour face to face session with weekly phone calls of 45 minutes each and email support when needed.

Pick and Mix – the packages above are suggestions to make your decision easier but are only suggestions. Pick and mix from the above, let us know what you want and we'll create it and price it accordingly.

Top Ups – for clients who have had intensive but would love to get top ups when they need an energy boost or when a particular challenge appears. We offer the flexibility of top up sessions charged individually, at a group rate for a particular individual or your company can purchase a number of top up sessions for different people.