



PERSONAL COACHING WITH NEIL MCKINLAY

A List of Services and Fees



Providing a context within which we deepen our engagement with life, personal coaching with Neil McKinlay follows two - often inter-related - streams. The first explores and clarifies our present direction. Whether looking to realize specific goals or searching for something that seems obscured, coaching helps us see where we are and step forward. The second stream immerses us in the practice and perspective of meditation, bringing both more fully into our present-day lives. All Neil's coaching can be done in-person or over the phone.

- **Four Session Package (\$280/package)** - This package reflects Neil's experience that a fruitful coaching relationship takes time to establish. Offering four sessions of up to 50 minutes in length, it allows familiarity between coach and client to establish itself. While weekly or biweekly sessions can be scheduled, the essence of this offering is an ongoing commitment to personal unfolding.
- **Two Session Package (\$160/package)** - For individuals who feel their situation can be successfully engaged in a relatively short length of time, this package offers a first session of exploration and plan-making, and a second focused upon evaluation and adjustment. Sessions are up to 50 minutes in length and can be scheduled on a weekly or biweekly basis.
- **Personal Meditation Instruction (\$300/person)** - A pair of coaching calls supplement a two-hour home-based workshop as clients learn about and are helped to integrate meditation into their lives. This offering takes approximately one month to complete.

Please check Neil's website for special offers and promotions.

Note: Prices in Canadian dollars (CAD) with applicable taxes included.

Prices subject to change without notice.

Out of town clients are responsible for travel and/or telephone fees.

To learn more about Neil McKinlay's various services:

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