



## PERSONAL COACHING WITH NEIL MCKINLAY

### A List of Services and Fees



- *Four Session Package (\$220/package)* - This package reflects Neil's experience that a fruitful coaching relationship takes time to establish. Offering four sessions of up to 55 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.

- *Single Coaching Session (\$65/session)* - Single sessions are helpful for established clients in need of a 'check-in' or for anyone with a specific issue to explore. Please note, however, that only a limited number of these appointments are available in Neil's schedule.

- *Personal Meditation Instruction (\$250/person)* - A pair of coaching calls supplement a two-hour instructional session as clients learn about and are helped to integrate meditation practice into their lives. This offering takes approximately a month to complete and includes Neil's 'Meditator's Starter Kit'.

- *Workshop-Coaching Package (10% off four coaching sessions)* - *Learning to Meditate* participants receive a 10% discount on their initial four-session coaching package. The engagement afforded by this offering allows for a detailed examination of meditative technique and it's perspective on living. Because this considerably deepens one's experience of the practice, the combined service is highly recommended.

Note: Prices are subject to change without notice.

For Canadian residents, GST must be added to the above prices.

Out of town clients are responsible for travel fees and long distance charges.

Payment can be made by cash or cheque.

To learn more about Neil McKinlay's coaching and meditation services, contact:

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