

How much does it cost?

The cost of coaching will depend on various factors:

- *How frequently you meet*
- *What your goals are*
- *How many sessions you need*

We will advise you as to the best model of working for you.

Organisation sponsored clients

If an organisation wishes to support an individual by offering them coaching, this can also be arranged where the organisation pays for sessions in agreement with the coach and individual. Sessions are £95 (up to 1 hour) with discounts for charities.

Self referred clients

We offer reduced rates for self funding individuals. A standard session might cost around £80 for up to an hour. This can be weekly, fortnightly or even monthly, depending on your situation.

Concessions for financial hardship are available on request.

About Us

The Craigie Partnership was formed in 2004 by David Craigie and Meg Craigie.

David is a Chartered Occupational Psychologist and Registered Coaching Psychologist. He is also a qualified Occupational Tester, and has worked in the NHS as well as in voluntary organisations and business. He is a founding member of the Special Group in Coaching Psychology of the British Psychological Society.

We operate with a team of Associates, providing a wealth of knowledge in psychological coaching, therapy and training.

The Craigie Partnership offers a range of consultancy, training and research services to organisations and individuals, including Career Counselling, Stress, Anger and Anxiety Management, and Personal Coaching.

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Coaching Services

*for individuals
&
organisations*

2013



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About Coaching

What is coaching?

Coaching is all about helping people achieve their goals. The nature of these goals might range from trying to get up the corporate ladder to confidence building or getting healthy and fit. The coach will get alongside the person seeking to be coached and will help them identify what is important to them in life.

Why might I want coaching?

It can be very difficult to achieve our goals in life on our own. Having someone to help you in a non-judgemental and supportive way can help you find the best solutions to your unique situation. It is also fully confidential and client-centred. This means you are able to talk about any issue that you feel is relevant.

How does it work?

Each individual is unique and your coaching sessions will depend upon what it is you are looking to do. Some clients will want to meet on a monthly basis to review their objectives and progress. Others will want more frequent sessions and can meet weekly or fortnightly.



What happens next?

If you choose to proceed with coaching, the first thing will be to sit down and talk with your coach. Together, you will explore your current situation and what you are hoping to gain from coaching.

From there you will agree on an action plan. This will form the basis of your coaching “contract”. By contract, we don’t mean a rigid and legally binding document, but rather a mutually agreed plan of action. This will include the number and frequency of sessions, and the roles of the coach and person being coached.

Some people are just looking for a relaxed place to meet regularly and chat about how they are doing. Others are looking for more in-depth coaching and want to learn new skills such as assertiveness or goal setting.

Coaching is flexible and personally tailored.

Is it all just talk?

It can be, if that’s what you want, but most people want to have a more practical element also. Some clients ask for psychometric testing to help identify their strengths and weaknesses. This can be used to create a personal development plan.

What do I have to do between sessions?

This will be agreed with you during each session. The more you put in, the more you are likely to get out. If you have asked to learn new skills, for example, you would probably be expected to try them out before the next session.

What does the coach do?

The coach’s role is to support you and to listen. At times, the coach will reflect back different things you have said or suggest ways of moving forward. The relationship is collaborative and the coach should not be considered an expert who tells you what to do. Instead, the aim is to help you find your own solutions that are right for you.



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