

NICOLE J. O'BRIEN COACHING

# Services & Pricing Guide





# Hello there!

Ready to unlock your potential and achieve success? Whether you're just starting your career or looking to level up, I'm here to help you get unstuck and elevate your success.

Explore the coaching packages designed to guide you with confidence, emotional intelligence, and the tools you need to thrive.

Let's elevate your success together!



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# My Coaching Journey

For more than two decades, I've helped individuals and organizations navigate change and unlock their full potential. I draw from my experience in leadership consulting, organizational development and coaching to help my clients gain clarity, build confidence and take decisive action toward their goals.

My coaching style is practical yet insightful - rooted in strategy, backed by experience and tailored to your unique needs. I always say that I coach the entire person - - we are so much more than our signature lines!

Your next step starts here - let's make it a powerful one!



*“Success isn’t just about skill – it’s about mindset, emotional intelligence and the ability to adapt. My coaching helps professionals seek their potential, achieve success and get unstuck by building the clarity, confidence and strategy they need to lead with impact and navigate their lives with purpose.”*

# Why Work with Me

- **You control the schedule.** Clients are provided with a booking calendar link with direct access to my schedule and availability. That means you are in the driver seat for scheduling the calls when it works best for you. If you don't see something that works, just ask and I can usually accommodate you!
- **I don't believe in a one-size-fits-all approach.** As we work together, your journey will evolve based on your progress and changing needs. If something isn't working or your priorities shift, we'll adjust our coaching strategy to make sure you're always moving forward.
- Throughout our work together, I'll guide you through mindset shifts that are specifically designed to help you overcome the obstacles you face. Whether it's building confidence, conquering imposter syndrome, or overcoming self-limiting beliefs, **every session will be focused on creating a mindset** that aligns with your goals.
- I understand that **different people learn and stay motivated in different ways.** That's why I adapt my coaching style to your preferences - whether you prefer detailed feedback or high-level strategy, I'll ensure that our sessions and follow-up communication are aligned with how you best receive and apply feedback.



MY MOST  
POPULAR  
OFFERING!!



# Focused Coaching For Achieving Results

Offered as either a 3 month or 6 month package, these options are for clients who want more personalized guidance and regular support. Throughout our coaching sessions, we will work together to develop strategies that are specific to your lifestyle or career.

With a focus on personalized strategies, the **Focused Coaching for Achieving Results** will help you identify and break through limiting beliefs, create a solid action plan, and push past obstacles. Whether you need better time management techniques, mindset shifts, or personal growth strategies, everything will be tailored to your personal circumstances and goals.

## WHAT YOU'LL GET:

- ✓ 3 months (6, 50 minute calls) OR  
6 months (12, 50 minute calls) of coaching sessions
- ✓ Optional customized activities, resources and tools when needed
- ✓ Ongoing Support Between Sessions - Whether it's addressing questions, overcoming challenges in real time, or providing tailored resources, you're not just getting scheduled coaching - you're gaining a dedicated partner committed to your success every step of the way.
- ✓ Accountability is key - I make sure we track progress in a way that fits your needs and lifestyle. If you need frequent check-ins, I'll be there for you. If you're someone who thrives with less frequent accountability, I'll adjust our check-ins to ensure you stay on track without feeling overwhelmed.

## YOUR INVESTMENT

\$1,350 / \$2,580

\*Monthly payment plan available: \$450/month for 3 months or \$430/month for 6 months



# Focused Coaching For Lasting Transformation

For clients who want comprehensive transformation with ongoing support and intensive coaching. Ideal for executives, entrepreneurs, or high-achievers. A completely bespoke coaching package designed for clients who want the ultimate in personalized support, flexibility, and high-level results. If you're looking for more than just success—if you're ready for true transformation—the Focused Coaching For Lasting Transformation experience will empower you to become your most effective self, both professionally and personally.

## WHAT YOU'LL GET:

- ✓ 12 months (24, 50 minute calls) of coaching sessions
- ✓ EQi2.0 Assessment
- ✓ Quarterly goal-setting and re-assessment pulse checks to keep you focused
- ✓ Optional customized activities, resources and tools when needed
- ✓ Ongoing Support Between Sessions - Whether it's addressing questions, overcoming challenges in real time, or providing tailored resources, you're not just getting scheduled coaching - you're gaining a dedicated partner committed to your success every step of the way.
- ✓ Accountability is key - I make sure we track progress in a way that fits your needs and lifestyle. If you need frequent check-ins, I'll be there for you. If you're someone who thrives with less frequent accountability, I'll adjust our check-ins to ensure you stay on track without feeling overwhelmed.

## YOUR INVESTMENT

**\$4,800**

\*Monthly payment plan available: \$400/month



# New Horizons Graduate Package

Mention the early bird pricing in March of 2025 to receive a 10% discount!

**LET'S WORK TOGETHER**

- ✓ Offered as either 6 month or 12 month packages, the New Horizons Graduate Package is perfect for someone who is just about to graduate or has recently started a new job out of college.
- ✓ Coaching in this package is structured around Emotional Intelligence (EQ) competencies like self-awareness, stress tolerance, interpersonal relationships, and decision-making.
- ✓ Regularly scheduled coaching sessions can focus on professional communication, workplace politics, career growth strategies or whatever is going on in your life that you need to focus on.

**INVESTMENT RANGES  
FROM\*:**

**\$1,500 – \$5,100**

# What You'll Get

## New Horizons Graduate Package

### 1 **Standard Option**

\$1,500 for 6 months  
(6, 50 minute sessions) OR

\$2,700 for 12 months  
(12, 50 minute sessions)

### **Premier Option**

\$2,700 for 6 months  
(12, 50 minute sessions) OR

\$5,100 for 12 months  
(24, 50 minute sessions)

### 2 **EQi2.0 EQ assessment with action planning**

Emotional intelligence is key to workplace success, personal growth, and adapting to post-college life.

### 3 **Personalized Tools**

We'll utilize a Personal Values Inventory as well as a structured goal setting framework to give you the insights you need to set your plan in motion





# 4

## Customized Check-Ins

Reflection prompts and dedicated support will help you stay on track during one of the biggest transitions of your life

# 5

## Ongoing Support Between Sessions

Whether it's addressing questions, overcoming challenges in real time, or providing tailored resources, you're not just getting scheduled coaching - you're gaining a dedicated partner committed to your success every step of the way.



## The Ultimate Career Advantage

The regular cadence will provide you with accountability and motivation for those key moments you are going to face in the year ahead.

Let me serve as your sounding board and advocate. You've invested so much in your education to prepare you for the real world, let me help you ensure that it leads to career success.

## Choosing between standard versus premier?

- The biweekly option provides more hands-on support and deeper engagement.
- The monthly option is great for independent clients who just need structured guidance.

\*Payment plans are available. Standard Option: Two payments of \$750 for 6 months or \$1,350 for 12 months  
Premier Option: Two payments of \$1,350 for 6 months or \$2,550 for 12 months.

# à la carte coaching



## Clarity Call 60 minutes

Gain crystal-clear focus on your goals  
and start achieving results.

Feeling overwhelmed or stuck? The **Clarity Call** is designed to help you find clear direction, identify what's holding you back, and move forward with confidence. In just 60 minutes, we'll help you gain the clarity you need to make powerful decisions and take meaningful action.

The primary goal is to help you gain clarity—this could be in any area: personal goals, career path, business strategy, etc. It's about addressing confusion or uncertainty and providing a clear framework for action.

If you're not sure where to start or just need a fresh perspective on a particular challenge, the Clarity Call is the perfect place to begin. We'll work together to uncover your core goals, obstacles, and priorities, leaving you with actionable insights for moving forward.

\$250

# à la carte coaching

## Power Hour 60 minutes

Break through mental blocks and build the momentum needed to accelerate your success.

Need quick solutions to a pressing challenge? The **Power Hour** is perfect for focused, results-driven coaching. In just one hour, we'll dive deep into your current issue, develop a plan, and give you the tools to start making progress immediately.

This is more results-oriented and is often focused on helping the client make progress on a specific challenge or goal. Action-focused and practical. The goal is often to get work done, whether it's developing a strategy, solving a specific issue, or brainstorming ideas. The session is fast-paced and centered on tangible results. It's less about introspection and more about getting results in real time.

\$250

## EQ Insights 90 minutes

Take the EQi2.0 and dive into the results to gain an understanding of emotional strengths and areas for growth.

With **EQ Insights**, you take the EQi2.0 assessment and get personalized coaching on your results. I'll break down your results to help you understand the key components of EQ - such as emotional self-awareness, empathy, reality testing and impulse control - and where you stand in each area.

Together, we'll explore key insights from the tool, highlighting the specific aspects of your EQ that most influence your personal and professional success. We'll also pinpoint areas for improvement and how to approach growth in these areas.

\$275

Includes: EQi2.0 assessment report, personalized analysis and 90 min coaching call.

# FAQ's

## What is coaching, and how is it different from therapy or mentoring?

Coaching is a forward-focused, results-driven process designed to help clients set and achieve goals, develop self-awareness, and navigate transitions with confidence. Unlike therapy, which often addresses past experiences and emotional healing, coaching is about taking action and creating change in the present and future. Mentoring involves a more experienced professional giving advice, while coaching empowers clients to develop their own insights and strategies.

## Who do you typically work with?

I coach everyone! Young professionals transitioning from college to the workforce, as well as mid-career professionals looking to gain clarity, improve leadership skills, or navigate career shifts. I've also helped my fair share of people get ready for leaving the workforce and prepare for retirement. My approach is rooted in emotional intelligence, helping clients build confidence, resilience, and adaptability.

## How does coaching help me get "unstuck"?

Many people feel stuck because they lack clarity, direction, or confidence. My coaching process helps you identify roadblocks, uncover strengths, and develop practical strategies to move forward. Whether you're struggling with career decisions, leadership challenges, or personal growth, coaching provides the tools and mindset shifts needed to break through obstacles.

## What results can I expect from coaching?

While every client's journey is unique, coaching can help you:

- Gain clarity on your goals and values
- Build confidence in your decision-making and leadership
- Improve emotional intelligence and communication skills
- Navigate career transitions with a clear plan
- Develop habits that lead to long-term success

# FAQ's

## How does the coaching process work?

My coaching packages are structured around regular virtual one-on-one sessions where we explore challenges, set goals, and develop strategies for success. Each session is a conversation designed to help you gain clarity, develop strategies and take action. I ask thought-provoking questions, provide insights and help you create an action plan. Between sessions, your job is to apply what we discuss - whether that's practicing new skills, making decisions, or implementing strategies - so each session builds on real progress. The more you engage in the process, the greater your results.

## How long does coaching take to see results?

The impact of coaching depends on your goals and commitment. Many clients see significant mindset shifts and progress within a few sessions, while others benefit from ongoing coaching over several months for deeper transformation. My packages are designed to support both short-term wins and long-term growth.

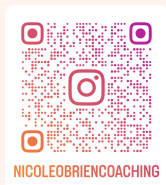
## Why is coaching so expensive?

Coaching is an investment in your growth and success. You're not just paying for time - you're paying for expertise, personalized strategies and a structured process that accelerates your progress. The insights and breakthroughs you gain can lead to better opportunities, stronger skills and greater long-term fulfillment in your career and your life.

# Let's Get Started!

Your potential is limitless - - you just need the right strategy to unlock it. If you're ready to gain clarity, build confidence and take action toward your goals, let's get started!

Nicole O.



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