

**New Horizons Coaching  
Ray Angelini, Ph.D.  
Rate Sheet**

For Individual Coaching, the phone call structure is a minimum of two 45-minute coaching calls per month. The calls are scheduled the first three weeks of the month. Please select the option that is best for you:

- ❑ **\$450 a month for 3 calls — The fast track to making substantial improvements in your life and career.** This option is for *high achievers* who want lots of support and accountability. For some people, a full week seems too long to wait until the next call. Set up to keep you *on track and moving quickly* towards your goal.
- ❑ **\$350 a month for 2 calls — Momentum** and consistent action are the keys to getting the results you want.
- ❑ **\$200 a month for 1 call — Maintenance** option for “graduates” after a minimum of 6 months. Not recommended for the start of the coaching process, as there’s more work to do in the beginning.

I’ve created a **flat fee** for coaching services because I want you to be able to call me for a 5-10 minute check-in or email me anytime in between sessions, during my business hours, **without being charged extra for that time.**

I do ask clients to stay with me for a **minimum of 6 months** so that we may **effect substantial and long-term change.**

You’re purchasing an entire service with this package, including **resources, action steps and recommendations.** Most importantly, you have my consistent support in reaching your life and career goals.

**Your Career is the Most Important Investment**

**Career and Life Coaching is an investment** that you make in yourself and in the future of your life. If you’re willing to play big, you will see that your effort, energy and **investment will come back to you in the form of a better work environment, more money** and bigger opportunities.