

## What is Coaching?

**Coaching is...** inspiring an individual or team to produce a desired result through personalised learning, expanding awareness and designing environments.



### What is the complimentary session; how does it work?

The complimentary session is your opportunity to sample coaching at no cost or risk to you. This is a genuine 'no strings attached' offer.

Your coach will contact you to organise a suitable time for you to receive your complimentary session, and to confirm your call details.

You will also receive an email from us containing preparation questions for you to complete before the call.

Your coach will then call you at the pre-arranged time to provide you with your complimentary session.

The coaching call will last for around 45 mins.

### Success Tips for Your Session

- Ensure you fill out and return-reply your coaching prep form email. This will provide your coach with a quick overview of you and what you would like to achieve during the session. It saves a lot of time so we are able to ensure that the majority of your session is spent on coaching you, rather than information gathering.
- Please ensure the space you are sitting in is a quiet, private and interruption free zone.
- We suggest you have pen and paper handy as you will want to record any insights, actions you plan to take, or paradigm shifts you experience on the call for future reference.

### Am I under any further obligations?

While it is our belief that you will want to continue coaching after your complimentary session; be assured you are under no obligation what so ever to do so.

**“Our want for you is to know what it is like to work with a coach and to personally experience the enormous benefits coaching provides”**

## Frequently Asked Questions

### Cost

Our packages are tailored to suit you so your fee will reflect your package. Packages begin at \$120 a session. In many cases it is tax deductible.

### Frequency & Length of Sessions

Our speciality is tailoring the design of your coaching sessions to suit you. We work on number of sessions over a monthly period. Below are some examples on how others have crafted their ideal coaching space.

*Joe is a CEO working over 80 hours per week. Joe prefers to have 2 sessions a month. Joe's sessions generally last from 45 mins to 1.5 hours depending on what he wants to achieve during the session. Quarterly Joe replaces one of his sessions with a Business strategy & planning sessions which takes a little longer.*

*Michelle is a busy stay-at-home mum As Michelle is juggling many things at one time, she prefers to have shorter but more frequent sessions to keep her focused and on track. She uses email a lot to keep in touch with her coach and to keep her accountable to her goal of up-skilling before returning to work.*

*David is 2 years out of Uni and on a fast career track. Unable to take time out of his day, David has evening sessions. David's peers wonder how he maintains his edge - every Monday he checks in with his coach to design his week and his desired outcomes. He receives shorter session, 20min; but his coach is on hand for 10min laser calls during the rest of the week. David uses these calls just before he has to meet with his boss, present a new project, or hits an unexpected hurdle.*

### Can I choose my coach?

Yes, go to [Your Coaches](#) to see available coaches.

### What is Included

- ✓ Coaching via telephone (your design)
- ✓ Unlimited Emails
- ✓ Laser Calls (your design)
- ✓ Group Teleclasses
- ✓ Client only Tools & Resources
- ✓ Additional networking

### Benefits of Coaching

Specific results are as varied & individual as clients. The benefits of coaching are both immediate, and long lasting. For example:

Our business clients generally increase profitability. This translates to not only a good night's sleep, but the ability to now make business decisions based on strategy rather than cash flow.

Individuals experience achievements such as less stress, greater work/life balance, successful careers, better relationships and a clearer sense of future and personal fulfilment through the power of coaching.

Benefits of coaching are the cause and effect of change. Think; if you were to achieve the desired result you are aiming for tomorrow; what would be the over flow effect on the rest of your life. What additional benefits will come to you as a result of achieving just one of your goals?

With coaching you **multiply** the overflow effect in to your life - that's the **exponential factor** of partnering with a **coach!**

**All our packages come with a  
100% Money Back Satisfaction Guarantee**

## About Us

Integrabiz is a Coaching Company based in Adelaide, South Australia. We provide tailored personal and professional growth solutions to individuals and businesses wanting to clarify, develop, and accelerate the realisation of their desired growth strategy.

For more information please visit us on the web at <http://www.integrabiz.com.au>



PS.. It's pronounced In-teg-ra-biz ☺

## Our Specialities

- **Individuals** use us to achieve their desired results in a way that is meaningful and lasting. (*we don't believe in quick fixes*)
- **Small Business Owners** use us as a sounding board to strategise, brainstorm new ideas, and co-create solutions.
- **Companies** partner with us to provide a coaching arm to their client and/or membership base