

## **Coaching packages at Dunger Coaching & Consulting**

### Try-out package

Introduction by phone or Skype. Face-to-face session or over the phone / Skype. About 2 hours.

Here you get a sense of what coaching is all about. We are trying to find an improvement / development area that you want to work with.

SEK 2,000 excluding VAT. Costs for any travel will be added.

### Small package, 5 sessions

Introducing by phone or Skype. Five session face-to-face or by phone / Skype. About 7,5-8 hours.

Here we do a proper mapping of what you want us to work with and then we break it down to smaller parts and work through this together. Various exercises will occur during the session.

SEK 8,000 excluding VAT. The cost of any travel will be added.

### Medium-sized package, 8 sessions

Introducing by phone or Skype as well as eight session face-to-face or by phone / Skype. About 12 hours.

Here we do a proper mapping of what you want us to work with and then we break it down to smaller pieces and we work with this together. Various exercises and an evaluation using the personality form DISC are offered. Thorough feedback from DISC is included in the price.

SEK 15,000 excluding VAT. Costs of any travel will be added.

### Large package, 12 session

Introducing by phone or Skype as well as twelve session face-to-face or by phone / Skype. About 18-20 hours.

Here we do a thorough mapping of what you want us to work with, which is then broken down to smaller parts. We work through these smaller pieces one at each session. Various in-depth exercises and an evaluation with the personality form DISC are offered. Thorough feedback from DISC is included in the price. Shorter reconciliation by telephone / Skype / mail if required is also included in the price.

SEK 22,000 excluding VAT. Costs of any travel will be added.

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Ingela Dunger