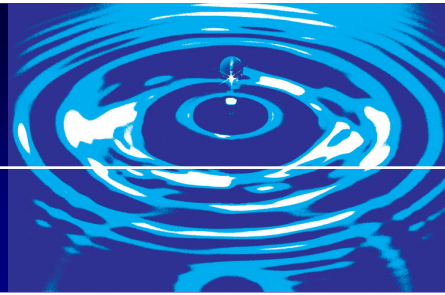


Potentials Realized

Coaching, Training and
Consulting Services



Coaching Programs Jennifer Britton and Potentials Realized

December 2012

We provide individual coaching for professionals, business owners and coaches. Rates are \$225/hour in US or Canadian Funds (plus HST). Several programs offer a lower rate when multiple hour packages are purchased.

Typically sessions are scheduled on a weekly or biweekly basis for a 30-60 minute session.

Mentor Coaching (for Coaches looking to attain their ACC or PCC Accreditation):
10 Hour Package discounted to \$1500 US or Canadian. Payable in monthly installments. A Group Mentor Coaching program also is offered throughout the year and includes 7 hours of group mentor calls, and 3 hours of individual mentor calls.

Individual Coaching/Consultation for Group Coaching, Workshops or Retreats:

3 hour package: \$575

5 hour package: \$950

Sessions are generally held as 45-60 minute sessions, with structured assignments for you to work on your own group program design, marketing and implementation issues.

For Individual Professionals

Balance/ Impact Package – 2 Hours/month

Description	What it includes	Time	Cost/month	
			US	Canadian
Impact	Two hours of coaching per month, taken as two 1 hour, or three 40 minute sessions Email support between sessions	2 Hours/month	\$450 USD	\$450 Cdn
3-month pre-payment option	Pay for three months of sessions in advance and save	3 months of 2 hour sessions	\$1250 USD	\$1250 Cdn

Enhancement Package – One and a Half Hours

Enhancement	One and a half hours of coaching per month, taken as two 45 minute sessions Email support between sessions	1.5 Hour per month	\$350 USD	\$350 Cdn
3-month pre-payment option	Pay for three months of sessions in advance and save	3 months of 1.5 hour sessions	\$895 USD	\$895 Cdn

Quick Start Package – One Hour per month

Quick Start Package	One hour of coaching per month, taken as one or two sessions	1 Hour per month	\$225 USD	\$225 Cdn
---------------------	--	------------------	--------------	--------------

Lazer Coaching Sessions – 30 minute sessions

Lazer Coaching	Benefit from the flexibility of having coaching when you need and want it!	Half Hour Sessions Booked As You Need It	\$100 USD	\$100 Cdn
Lazer Coaching Special	Purchase 4 Lazer Coaching Sessions at once, and receive the 5 th discounted! Sessions can be taken over a six-month period. Makes a perfect gift as well!	5 Half Hour Sessions	\$450 USD	\$450 Cdn

Packages for Business Partnerships (2-3 members) and Couples

Relationship Systems Coaching

Description	What it includes	Time	Cost/month	
			US	Canadian
Session By Session Basis	One hour for business partners or couples	1 Hour	\$250 US	\$250 Cdn
Three month package	6 Hour Package. Email Support Between Sessions and Structured Activities for partners. 10% discount on retreat and group coaching programs.	6 Hours Recommended 2 hours/month for 3 months	\$1400 US	\$1400 Cdn

Coaching programs are delivered by phone. Travel charges for in person work are extra, depending on location. Canadian pricing does not reflect HST.

For more information, please contact Jennifer Britton, PCC, CHRP, CPT at info@potentialsrealized.com.

About Jennifer

Jennifer established Potentials Realized, a Canadian based performance improvement company in April of 2004. She has woven together her decades of experience in leadership development, group facilitation and teamwork to become one of the leaders in the realm of group coaching. She is the author of *Effective Group Coaching* (Wiley, 2010) and has served clients (individual, group and team) from a wide range of organizations including:

- United Nations Mission to Haiti (French and English)
- UNICEF West Africa Regional Office
- United Nations System: UNDP/UNSECOORD/UNV/
- Johnson and Johnson Medical Products
- Toronto CFA Society
- Federated Press
- The Cooperators Insurance
- Cultural Awareness International
- St. Joseph's Health Centre Foundation
- Community Care Access Centre (GTA)
- Canadian Breast Cancer Foundation
- Ontario Provincial Police
- MicroSkills: SET Program
- Project For Pride in Living
- CDI College (now Everest College)
- Humber College
- Havergal College Old Girl's Foundation
- TrainingFolks
- Canadian Society for Training and Development
- International Coach Federation
- American Society for Training and Development

Jennifer is a Professional Certified Coach (PCC) with the ICF and has coached for more than 2900 hours with clients. She is also Certified Performance Technologist and a Certified Human Resources Professional and can provide customized performance consulting and training support to clients. She has designed award winning mentoring programs and is well known for her coaching skills training programs for managers and coaches. Jennifer is also the author of **Effective Group Coaching** (Wiley, 2010), the first book to be published on the topic of group coaching, now used as a textbook by many coaching schools.