



Charted Growth Life Coaching is committed to making coaching accessible for nonprofit professionals, caregivers, and community-serving individuals who carry significant responsibility and emotional labor. The following pricing reflects a reduced nonprofit rate to support sustainability, clarity, and resilience.

Who This Rate Is For:

- Nonprofit professionals
- Community and human-service workers
- Child Welfare professionals, foster parents and caregivers
- Individuals connected to nonprofit or mission-driven organizations
- Special note: Charted Growth may be working with your agency or other community organization which will provide grant funding to lower and/or offset costs to individual

Individual Coaching Sessions

Nonprofit Rate: \$50 per individual session

- 50-minute one-on-one coaching session
- Virtual (Zoom) or phone-based
- Client-centered, strengths-based coaching
- Focus areas may include:
 - Stress and feelings of being overwhelmed
 - Professional or personal transitions
 - Confidence and decision-making
 - Boundaries, balance, and resilience
 - Clarity and forward momentum

- Workplace transitions

Recommended Packages: (optional but encouraged)

- 4-Session Package – \$160 (\$40 total savings)
Ideal for short-term focus or a specific challenge
- 6-Session Package – \$240 (\$60 total savings)
Supports deeper reflection and sustained momentum
- 10-Session Package – \$350 (\$150 total savings)
Best for ongoing growth, leadership support, or complex transitions

Group Coaching Sessions- Journey Circles

For Nonprofit Teams & Community Groups (ie. Foster Parents/Caregivers)

Group Session Rate: \$400 per session (\$40 per participant)

- 60-75 minute facilitated group coaching session
- Designed for 6–10 participants
- Virtual or on-site (location dependent)
- Interactive, reflective, and discussion-based
- Focused on shared challenges and collective support

Group Workshop Series Option – Shared Waters

4-Session Group Series – \$1,680 (\$35 per participant)

- 60 minute facilitated group coaching
- Designed for 6-12 participants
- Virtual or onsite (location dependent)
- Interactive, reflective, and discussion based
- Focused on shared challenges and collective support
- Workshop digital participant guide included

Ideal Group Topics May Include

- Managing stress and preventing burnout
- Navigating change and transition
- Building resilience in helping roles
- Reconnecting to purpose and motivation
- Strengthening communication and boundaries

Additional Notes

- Sessions are confidential and non-clinical
- Coaching is not therapy, counseling, or supervision
- Flexible scheduling available
- Limited reduced-rate spots available to ensure quality and sustainability

Next Steps

If you're interested in scheduling or learning more, please reach out or complete the Learn More form on the Charted Growth website.

www.chartedgrowthlifecoaching.com