

## **Donna Hall**

Whether she is facilitating, coaching or delivering a workshop, Donna's enthusiasm and insightful knowledge inspire her clients to feel passionate about their work and lives.

Donna helps people to discover what makes them magnificent and to become resilient, resourceful and relationship focused business leaders. Over the past 15 years, as a human resource professional, she has worked with public and private organizations.

As a coach she can help you to grow, and improve in all aspects of your professional and personal life. Whether you're searching for a way to resolve conflict, overcome perceived limitations, step confidently into a new leadership role, build a more productive team, gain clarity through values and strengths exploration, brainstorm possibilities, set intentions, create personal and professional goals, or achieve more work-life balance, she can help you to transform and create the preferred future you are seeking. Every coaching program is custom-designed with you in mind. As a coach, her style is to partner with you in a way that puts you in the driver's seat so you are empowered to facilitate positive change. She is highly respected for my inspiring, caring, and though provoking style which has resulted in transformational results for her clients. Donna strives for balance in her life, often achieved in a yoga class or by keeping up with her very active two young daughters Mia and Diana.

A typical coaching engagement runs between three and six months and includes:

- Creation of personal or professional coaching plan
- Weekly or biweekly coaching phone calls
- Personal meetings as desired/required
- Unlimited email
- Unlimited review of work
- Feedback and completion session to assess your growth and development over time.

### **Rates:**

- Introductory special - \$99 + hst
  - 45 minute coaching session. Experience one coaching session and see for yourself what's possible! Sign up for a 10 or 20 session package within two days after initial session and receive 10% off.
- Single coaching session - \$125 + hst
- Package of 10 coaching sessions - \$1200 + hst
- Package of 20 coaching sessions - \$2300 + hst
- The packages include a one hour free discovery session.

Coaching sessions are 45 minutes.

Coaching sessions can be gifted and are not transferrable.

If a date/time of a scheduled session needs to be changed, please provide as much time as possible for us to re-arrange. Full fee will be charged if the request for rescheduling is made within 24 hours of the session or for a missed session.