



Jennifer Bellingrodt, Psy.D. Executive Coaching

Executive Coaching Pricing

Coaching is a \$3 billion per year industry across the world. In 2009, The Harvard Business Review placed the median rate for an executive coach at \$500 per hour, with a range of \$200-\$3,500 per hour.

If you've followed me for awhile, you know what I bring to the executive coaching table:

1. More than 20 years in psychology, including countless hours of informal career coaching of my patients as it related to their mental health
2. 4 years in military leadership
3. Over a decade in direct sales, including coaching several teams and speaking at a national convention
4. 17 years as an entrepreneur and business owner
5. In addition to all these successes, I bring failures. That may sound strange, but think about it...wouldn't you want your executive coach to know how to navigate failure and rise above it, to have resilience and continue to succeed despite setbacks? Well, I'm your gal! As an owner of multiple businesses in a range of areas, I've succeeded and failed plenty; and I've learned a hell of a lot about mindset and overcoming, I can assure you!

Considering all the knowledge and experience that I bring to the table, I've decided that my hourly coaching rate will start at \$300 per hour. But wait, there's more...if you pay for a month of weekly hour-long sessions in

advance, I'll take \$50 off per hour, so your cost for 4 weekly sessions per month goes down to \$1,000.

This is a lot of money, so your decision to embark on executive coaching should be well-informed. Engaging in coaching is all about what's known as ROI, or return on investment:

1. Ask yourself how much more you could **achieve or produce** if you had coaching to overcome your fears and obstacles to greater success and self-actualization.
2. How far could you **promote or advance** if you could get out of your own way?
3. How much could you **accomplish** if you could let go of fears and excuses and made real changes?
4. How much could you **expand** your business if you had greater clarity and focus?
5. And how much **money** could you make if you set solid goals and were held accountable for accomplishing them?

I know this is a big decision. I've attended paid training and used coaching services in the past, and I know how much of a time and money investment it can be. Here's my advice for you: Before you decide, do your homework.

1. Check out the Psych Blog on my website, doctorbellingrodt.com, or listen to my podcast, The Psych with a Mic, for more information about how I see things and my thoughts on various topics related to the human psyche, including self-esteem, fear and anxiety, assertiveness, change, perfectionism and letting go of things.
2. Shoot me a private message with your questions about whether I can help you with a specific issue.
3. Don't just take my word for it. Shop around, talk to other coaches about their methods and pricing.
4. Talk to people who've been coached and see what they have to say about how it worked for them and if it was worth the time and expense.