

Costs

The cost of our service can vary between \$50 and \$3,900 (travel and accommodation costs are extra). Services can be delivered over the Internet if required.

The following table contains an indication of what an individual or two people will pay for our service (a 40% discount is given, depending on circumstances). A fixed price will be provided once the activity plan has been produced.

Deliverable	Cost	
Start to do it yourself	Free	
Activity plan	Free	
Get a life seminar & notes	\$50	
Objectives ⁽¹⁾	\$450	\$950
Mini business plan – budget	\$100	
Proof of concept ⁽²⁾	\$1,250	\$2,500
Expanded business plan	\$200	\$400

For more details see our Life and business coaching selection on our web site.

Money back guarantee

If you are not 100% satisfied with our service, we will refund 80% of all monies paid.

Notes

1. Destinations (goals & issues)
2. Education/knowledge & journeys/strategies

Life & business coaching

'Get a life'

Life, family and business are the direct result of the degree of happiness an individual achieves over a lifetime.

- Happiness is achieved by the individual through the fulfillment and balancing of their needs and wants and focusing on the major issues arising from them:
 - ◊ Needs – the values relating to what the 'heart' desires
 - ◊ Wants – the values relating to what the 'head' requires
- A business/family is made up of individuals coming together to fulfill the needs and wants of their own and others

Life and business coaching using the Ripose Technique delivers the components to assist individuals (and hence an enterprise) *'Get a life'*.

Ideally, this can be achieved over a 12-day period depending on the availability of you and our coaches.

Contact us

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Life & business coaching

Life and happiness

Life, family and business are the direct result of the degree of happiness an individual achieves over a lifetime.

A lifetime is made up of a series of transactions (journeys and destinations). Each transaction has a direct effect on the level of ones happiness.

Happiness is achieved when you balance your

NEEDS

&

WANTS

This is now achievable with minimum effort and cost

Life coaching approach

Our approach to life coaching is to balance the needs and wants of your conceptual universe integrating them with your physical requirements. We achieve this by using the following steps:

- Concept clarification
 - ◇ Business analysis – Goal setting; Focus; Conflict resolution; Personality profiling; Work life balance
 - ◇ Business planning – Planning; Change management; Career paths; Staff development; Priority setting; Team building
- Logic development
 - ◇ Mentoring
 - ◇ Skills – Interviewing; Negotiation; Information technology; Presentation
 - ◇ Image
 - ◇ Interpersonal communication
 - ◇ Motivation
- Physical development
 - ◇ Health issues – we out-source this
 - ◇ Networking
 - ◇ Written communication

Some testimonials

"Charles helped us remain focused & to go with our dream making it work in reality"

"Charles separates data from information, allowing freedom to be creative and get results quickly"

"Charles, using his coaching and personal style was able to pass on a lot of knowledge"

Why us?

"A place for everything and everything in its place"

Firstly: We explain life by placing it into two relatively simple categories, namely:

- Imagination and
- Reality

Imagination deals with the inorganic universe (dreams, hopes, ideals, thoughts and wishes), while reality deals with the organic universe (hearing, sight, smell, taste and touch).

Secondly: We explain universes (worlds that exist in thought, space and time) by dividing them up into three categories, namely:

- Conceptual
- Logical
- Physical

The conceptual universe deals with most of the imaginary part of life (everything, but ones ideals), the logical universe deals with the ideal component of the imagination while the physical universe deals with reality.

Thirdly: We integrate life and universes giving you the opportunity to look at where you are now, where you want to be and uncovering ways to bridge the gap(s) between the two.

The outcome of our style of life coaching empowers 'happiness'. We help an individual 'Get a life and get over difficulties'.

Benefits & values

"What's in it for you"

The service that we offer will empower you to become:

- A better planner
- A happier person
- Capable of doing more with less
- Less fearful of technology
- Money wise
- More communicative
- More competitive
- More cost effective
- More easily understood
- More efficient
- More ethical
- More focused
- More marketable
- More productive
- Someone who becomes known for their quality offerings

We achieve this by:

- Assisting you to clarify your objectives
- Focusing on your weaknesses and identifying the issues causing them
- Identifying an initial plan of action
- Developing an ideal image of yourself
- Expanding your plan of action

The outcome of this exercise is:

A happier life for you, your family and your business (if applicable)