# **RATE SHEET**

My services are offered on a sliding scale. Paying the standard rate makes it possible for me to work with nonprofits and community organizations at a reduced rate. I am happy to discuss whether a rate negotiation is possible if your budget does not allow for the pricing structure outlined below.

## FACILITATION

### DAY RATES

Day rates include up to 8 hours of facilitation, plus up to 3 hours of design, preparation, and follow-up (as agreed). This does not include travel, lodging, and per diem expenses.

STANDARD RATE	PARTNER RATE
\$1,200 per day, per trainer	\$700 per day, per trainer

#### HOURLY AND HALF-DAY RATES

Hourly and half-day rates apply to a-la-carte services and facilitation for half-day sessions (up to 4 hours). Prep time is not included and will be billed separately at the consulting and design rate.

STANDARD RATE	PARTNER RATE
Half-day facilitation: \$700 per half-day, per trainer	Half-day facilitation: \$400 per half-day, per trainer
Hourly consulting and design: \$75 / hour	Hourly consulting and design: \$40 / hour

#### COACHING AND DIRECTING

I am a certified professional coach and certified therapeutic art coach. I provide coaching to individuals and groups at every level, in nonprofit and corporate environments. I also direct theatre, and coach improv and sketch comedy teams.

STANDARD RATE	PARTNER RATE
Individual coaching: \$75 / hour	Individual coaching: \$40 / hour
Group coaching: \$150 / hour and up	Group coaching: \$60 / hour and up
Directing: Contingent on project	Directing: Contingent on project

#### OTHER CONSULTING

I also offer virtual administrative support, marketing and communications consulting, special projects, and events management.

STANDARD RATE	PARTNER RATE
Virtual Administration: \$45 / hour	Virtual Administration: \$35 / hour
Marketing and Communications: \$55 / hour	Marketing and Communications: \$40 / hour
Special Projects and Events: \$70 / hour and up	Special Projects and Events: \$50 / hour and up