



SEGAL COACHING LLC

Anne Marie Segal

***Executive Coaching, Leadership Development Consulting and/or Writing Projects
for Board Candidates, CLOs/General Counsel and Other Professionals***

SCHEDULE OF SERVICES

ANNE MARIE SEGAL

Executive Coach, Author & Speaker

Former roles include:

*Deputy General Counsel, Wexford Capital LP (hedge
fund & private equity advisor)*

Attorney, White & Case LLP and other firms

*Facilitator, PODER25™ General Counsel Diversity
Pipeline (Hispanic National Bar Association)*



Professional Certified Coach (PCC), International Coaching Federation (ICF)

Fluent in Spanish and German / basic knowledge of French

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Effective from October 2023

May be amended from time to time.

Intensives

PERSONAL BRANDING OR OTHER CAREER CONSULTATION

<p><i>90-minute consultation (scheduled as single session)</i></p> <p>Advising on personal value proposition, interview preparation, executive or board resumes, professional or board bios, LinkedIn, professional networking, leadership inflection points, interpersonal skills, job search campaigns and/or other career-related questions.</p> <p><i>The consultation includes, at your request and time permitting (choose <u>one or two</u> of below for maximum effectiveness, and multiple consults may be advisable in some cases):</i></p> <p><i>(1) development of your personal value proposition as a focal point for interviews, presentations, elevator pitches and other contexts,</i></p> <p><i>(2) big picture and/or specific line edits of your resume,</i></p> <p><i>(3) on-screen review of your LinkedIn profile and suggestions for improvements and/or edits (latter must be made by you under LinkedIn’s terms of service),</i></p> <p><i>(4) interview preparation, and/or</i></p> <p><i>(5) such other topics you elect.</i></p> <p><i>The fee for this consultation <u>includes SC’s initial review and preparation for the session</u> but does not include any writing or editing outside of the session.</i></p> <p><i>For more information about Ms. Segal’s approach to personal value proposition development, you may reference her book, Know Yourself, Grow Your Career. For interviewing, please see Master the Interview. Both are available on Amazon and through other online booksellers.</i></p> <p>Above may be extended to a single two-hour session for \$1,025 or scheduled as two separate one-hour sessions for \$1,150.</p>	<p>\$825</p>
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COACHING

<p><i>Coaching Intensives (two 90-minute sessions)</i></p> <p>Two extended exploratory sessions on a leadership, career, personal or other coaching topic of your choice.</p>	<p>\$1,500</p>
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Suites

A Foundations Suite may be the right choice if you:

- would like a short-term coaching arrangement (12 to 16 hours); or
- are seeking a complete rehaul of certain core documents for your career goals (e.g., resume, LinkedIn, professional bio and/or other documents).

FOUNDATIONS I

<p><i>Foundations I Coaching Suite</i> Twelve (12) coaching hours: including two-hour intake session, over up to six (6) months</p>	\$5,800
<p><i>Foundations I Project Suite (Executive Transition, Plan A)</i> Executive Resume + LinkedIn Profile Two (2) additional hours of job search, interview prep or related support over up to three (3) months</p>	
<p><i>Foundations I Personalized Suite</i> Equivalent services, as agreed</p>	

FOUNDATIONS II

<p><i>Foundations II Coaching Suite</i> Sixteen (16) coaching hours: including two-hour intake session, over up to eight (8) months</p>	\$7,500
<p><i>Foundations II Project Suite (Executive Transition, Plan B)</i> Executive Resume + LinkedIn Profile Six (6) additional hours of job search, interview prep or related support over up to six (6) months</p>	
<p><i>Foundations II Project Suite (Board Candidacy, Plan A)</i> Board Resume + Executive Resume + Board Bio + LinkedIn Profile One (1) hour of board candidacy support</p>	
<p><i>Foundations II Project Suite (Board Candidacy, Plan B)</i> Board Resume + Board Bio + LinkedIn Profile Three (3) additional hours of board candidacy, interview prep or related support over up to three (3) months</p>	
<p><i>Foundations II Personalized Suite</i> Equivalent services, as agreed</p>	

Plans

A Silver, Gold or Platinum Plan may be the right choice if you seek structure, accountability and a safe space to increase ownership of your career, vet professional and life decisions, design evolving next steps, overcome challenges and cultivate greater perspective, awareness and calm.

Plans may be devoted entirely to weekly or other periodic coaching sessions or include project-based components.

SILVER PLANS

Silver Coaching Plan hours span approximately six (6) months if weekly sessions are elected, and hours for any Silver Plan are available for up to twelve (12) months.

<p><i>Silver Coaching Plan</i> <i>Leadership, Transformation and/or Other Coaching Areas</i> Twenty-five (25) coaching hours, including two-hour intake session</p>	<p>\$11,250</p>
<p><i>Silver Project-Based Plan (Executive Transition, Plan C)</i> Executive Resume + LinkedIn Profile Fifteen (15) hours of job search, interview prep, leadership and related coaching and/or writing support</p>	
<p><i>Silver Project-Based Plan (Board Candidacy, Plan C)</i> Board Resume + Executive Resume + Board Bio + LinkedIn Profile Ten (10) hours of job search, interview prep, leadership and related coaching and/or writing support</p>	
<p><i>Silver Personalized Plan</i> Equivalent services, as agreed</p>	

The Silver Plan is payable in advance.

As part of any Plan, you may apply four (4) hours to a 360-Degree Survey-Based Assessment or seven (7) hours to a 360-Degree Interview-Based Assessment.

Details about 360-Degree Assessments are on our *Services Supplement: Further Details and Coaching Areas*.

GOLD PLANS

Gold Coaching Plan hours span approximately eight (8) months if weekly sessions are elected, and hours for any Gold Plan are available for up to sixteen (16) months.

<i>Gold Coaching Plan</i> <i>Leadership, Transformation and/or Other Coaching Areas</i> Thirty-five (35) coaching hours, including two-hour intake session	\$15,000
<i>Gold Project-Based Plan (Executive Transition, Plan D)</i> Executive Resume + LinkedIn Profile Twenty-five (25) additional hours of coaching and/or writing support	
<i>Gold Project-Based Plan (Board Candidacy, Plan D)</i> Board Resume + Executive Resume + Board Bio + LinkedIn Profile Twenty (20) hours additional hours of coaching and/or writing support	
<i>Gold Personalized Plan</i> Equivalent services, as agreed	

The Gold Plan is payable in advance.

PLATINUM PLANS

Platinum Coaching Plan hours span approximately eleven (11) months if weekly sessions are elected, and hours for any Platinum Plan are available for up to twenty (20) months.

<i>Platinum Coaching Plan</i> <i>Leadership, Transformation and/or Other Coaching Areas</i> Forty-eight (48) coaching hours, including two-hour intake session	\$20,000
<i>Platinum Project-Based Plan (Executive Transition, Plan E)</i> Executive Resume + LinkedIn Profile Thirty-eight (38) additional hours of coaching and/or writing support	
<i>Platinum Project-Based Plan (Board Candidacy, Plan E)</i> Board Resume + Executive Resume + Board Bio + LinkedIn Profile Thirty-three (33) additional hours of coaching and/or writing support	
<i>Platinum Personalized Plan</i> Equivalent services, as agreed	

The Platinum Plan is payable in advance or may be paid in two installments (first installment: \$9,750, including a \$500 installment fee; second installment: \$9,250) following the \$1,500 deposit.

Presentation Rates

On-site speaking and similar engagements, plus travel time and expenses (as applicable):

Day Rate (up to 8 hours): \$10,000

Half-Day Rate (up to 4 hours): \$7,000

Online speaking engagements:

Day Rate (up to 8 hours): \$8,000

Half-Day Rate (up to 4 hours): \$4,800

Ms. Segal's speaker biography is available at AnneMarieSegal.com/speaking.

360-Degree Assessments

We also offer 360-Degree Assessment surveys to your specifications and/or those of your human resources team, including the design, facilitation, administration, scoring, reporting of results, one-hour follow-up discussion with you including a plan of action (for one or more assessments):

Initial Assessment⁺, Report and Discussion: \$2,000 (or four package hours)

Follow-Up Assessment⁺, Report and Discussion: \$1,500 (or three package hours)

+ Includes up to ten (10) reviewers.

Similarly, we offer 360-Degree Assessment interviews, including the steps and stages above:

Initial Interviews⁺⁺, Report and Discussion: \$3,500 (or seven package hours)

Follow-Up Interviews⁺⁺, Report and Discussion: \$3,000 (or six package hours)

⁺⁺Assuming a 30-minute interview with each of up to eight (8) reviewers comprised of your board of directors/trustees, leadership team, colleagues, clients and/or direct reports.

If you have a Suite or Plan with us, you can elect to apply hours in your package to a 360-Degree Assessment (i.e., apply the number of hours listed above). We can also offer discounts for multiple 360-Degree Assessments for two or more members of your management team.

Team and Group Coaching

Please contact us at team@segalcoaching.com to inquire about options for coaching your team or group. Alternatively, if you would like to join an existing or future group coaching Cohort or Mastermind (subject to availability), please visit www.segalcoachingacademy.com.