

# DR. JASON SELK

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*the relentless pursuit of greatness*

## Individual Executive Coaching

### **Professional Plan-12 Months (Recommended for those only wanting to focus on career growth)**

**Month 1:** Includes three 2-hour individual training sessions with Dr. Jason Selk (meetings are preferably done in person in St Louis).

**Months 2-12:** Includes half hour bi-weekly meetings monthly (22 meetings total) with Dr. Jason Selk (meetings can be completed over the phone) and monthly accountability exchange.

### **Personal and Professional Plan-12 Months (Recommended for those wanting to focus on career growth and personal development)**

**Month 1:** Includes three 2-hour individual training sessions with Dr. Jason Selk (meetings are preferably done in person in St Louis).

**Months 2-12:** Includes bi-weekly, 1-hour meetings (22 meetings total) with Dr. Jason Selk (meetings can be completed over the phone) and monthly accountability exchange.

### **Payment**

**Professional Plan: Month 1: \$2990.00 / Months 2-12: \$500.00 per month.**

**Personal and Professional Plan: Month 1: \$2990.00 / Months 2-12: \$1,000.00 per month.**

Payments can be tax deductible and 10% lump sum payment discounts apply.