



SEGAL COACHING LLC

Anne Marie Segal

***Leadership & Career Coaching / Executive Coaching
for Board Candidates, General Counsel and Other Professionals***

ANNE MARIE SEGAL

Executive Coach, Author & Speaker

Former roles include:

*VP and 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)
Leadership & Performance Coaching Certification (LPCC), Brown University / ACT
J.D., NYU Law School; A.M., University of Chicago; B.A., Loyola University of Chicago
Fluent Spanish / Proficient German / Intermediate French / Basic Italian

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May be amended from time to time.

Intensives

PERSONAL BRANDING OR COACHING INTENSIVES

Coaching and advising on personal value proposition, interview preparation, executive or board resumes, professional or board bios, LinkedIn® profiles, professional networking, leadership inflection points, interpersonal skills, job search campaigns and other career-related questions.

These session(s) include one or more of the following, at your request:

- (1) interview preparation,*
- (2) development of your personal value proposition as a focal point for interviews, presentations, elevator pitches and other contexts,*
- (3) big picture and/or targeted on-screen edits of your resume,*
- (4) on-screen review of your LinkedIn profile and suggestions for improvements and/or edits (latter to be made by you under LinkedIn's terms of service), and*
- (5) other topics you elect.*

The fee for these consultations includes SC's initial review and preparation for the session(s) but does not include any additional writing or editing (outside of sessions).

*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.*

Intensive Engagement Options:

<i>Two hours (in one or two sessions, at your option)</i>	<i>\$1,150</i>
<i>Two 90-minute sessions</i>	<i>\$1,650</i>
<i>Six one-hour sessions</i>	<i>\$3,150</i>

Project Suites

One of the following Project Suites may be the right choice if you are seeking a complete rehaul of certain core documents for your career goals (e.g., resume, LinkedIn or professional bio).

Each of these Project Suites includes a two-hour intake session (separate from any coaching listed below) regarding your professional history and target roles.

Foundations I (choose one option):

<i>For Executives</i> Executive Resume + LinkedIn Profile	\$5,000
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Foundations II (choose one option):

<i>For Executives</i> Executive Resume + LinkedIn Profile Three (3) additional hours of job search, interview prep or related support over up to three (3) months	\$6,400
<i>For Board Candidates</i> Board Bio + Board Resume + LinkedIn Profile	

Foundations III (choose one option):

<i>For Executives</i> Executive Resume + LinkedIn Profile Six (6) additional hours of job search, interview prep or related support over up to six (6) months	\$7,500
<i>For Board Candidates</i> Board Bio + Board Resume + LinkedIn Profile Three (3) additional hours of board candidacy, interview prep or related support over up to three (3) months	
<i>For Board Candidates (who are also seeking an executive role)</i> Board Bio + Board Resume + Executive Resume + LinkedIn Profile	

Note: If you are seeking a service that doesn't exactly match what is listed here, please contact Anne Marie to discuss additional options.

Coaching Plans

A Coaching 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.

<i>Foundations I: Coaching</i> Twelve (12) coaching hours over up to six (6) months	\$5,900
<i>Foundations II: Coaching</i> Fifteen (15) coaching hours over up to nine (9) months	\$7,125
<i>Silver Plan</i> Twenty-five (25) coaching and/or writing hours over up to fourteen (14) months	\$11,250
<i>Gold Plan</i> Thirty-five (36) coaching and/or writing hours over up to eighteen (18) months	\$15,000
<i>Platinum Plan</i> Forty-eight (48) coaching and/or writing hours over up to twenty-four (24) months	\$20,000

Note: The extended plans offered above are best for biweekly coaching arrangements, corporate outplacements or other situations that are best served by an in-depth, sustained engagement.

Plans may be devoted entirely to weekly or other periodic coaching sessions or can be structured to include document drafting (e.g., resume or professional bio) as part of the time available.

Please contact Anne Marie with any questions you may have.