



## NAS Coaching Request Form

NAS coaches support all the people that make arts and culture possible, from young folks just starting out, to veterans looking for new ideas, perspectives, and tools. If you're ready for a partner to help you break through barriers and show up to your work and life with vision, focus, and alignment, we're here to help. Whatever your role. Whatever your identity or lived experience. Wherever you live. We want to make coaching as easy and accessible for you as possible.

All coaching packages include:

- Chemistry calls with 1-3 coaches to find your best match
- Six or ten 50-minute sessions with your chosen coach
- Up to three spot coaching sessions: 10-20 minutes via text, phone, or email
- Full support upon request for coaching rematch

All coaching is offered on a sliding scale basis. You'll have the opportunity to select your package on the sliding scale on page 3 of this form (and to learn more about this, please see the individual coaching section of our coaching webpage: <https://www.artstrategies.org/programs/nas-leadership-coaching>)

**Ready to get started on your coaching journey? Fill out this leadership coaching request form.** Once we review it, we'll get back to you with an invite to our online coaching platform - [coaching.com](https://www.coaching.com) - where you'll be able to pay for your package, review coach profiles, schedule chemistry calls and get coaching!

## Questions

### Contact Information

- First Name:
- Last Name:
- Email:
- City:
- State:
- Country:
- Time Zone:
- Email:
- Phone:
- Organization Name (if relevant):

- Organization URL (if relevant):
- Organization Description (if relevant):

## **More About You & Your Coaching Goals**

- Please tell us a bit about yourself and what brought you to coaching.
- What are you hoping to gain from your coaching experience?
- Is there anything else you'd like us/your coach to know before you get started?

## **Select Your Package On Our Sliding Scale**

We offer a sliding scale pricing model to keep our coaching work accessible, sustainable, and equitable. Below is a summary of sliding scale package options, but to see these in chart form and for more on how to use the sliding scale, please see the individual coaching section of our coaching webpage -

<https://www.artstrategies.org/programs/nas-leadership-coaching>:

- **Full Rate Coaching:** This rate covers the full cost of an NAS coaching package, including both payments to coaches and the costs to our organization to provide this service to you. We invite all who are able to join us at this rate to do so, and especially folks who are mid-career and/or working at more well-resourced organizations with access to professional development funds.
  - **Full Rate Coaching 6 Session Package:** \$2,400
  - **Full Rate Coaching 10 Session Package:** \$3,500 (~15% discount per session)
- **Access Rate Coaching:** This rate covers a portion of the true cost of NAS coaching, and is supplemented by donations of time and money to keep coaching accessible to as many people as possible in the arts and culture field. We invite all who need it to leverage this rate, and especially folks in the earlier stages of their careers and/or working with under-resourced organizations with little-to-no access to professional development funds.
  - **Access Rate Coaching 6 Session Package:** \$1,200
  - **Access Rate Coaching 10 Session Package:** \$1,900 (5% discount per session)
- **Generosity Rate Coaching:** This rate allows folks with access to greater resources the opportunity to help make this offering more accessible to our field. Generosity rate coaching covers the full cost of an NAS coaching package, and also supports our general operating budget, which makes more access rate coaching possible for others (receipts available on request). We invite anyone experiencing financial abundance to participate in this way, especially folks in senior career stages and/or those working at very well-resourced organizations with access to substantial professional development funds.
  - **Generosity Rate Coaching 6 Session Package:** \$3,000
  - **Generosity Rate Coaching 10 Session Package:** \$4,300 (~15% discount per session)

Which coaching package on our sliding scale would you like to purchase? Please note, whichever package you choose, you will receive the same level of support from our coaches and staff, and we thank you for practicing care for yourself and for the collective:

- 6 Session Package - Full Rate: \$2,400
- 6 Session Package - Access Rate: \$1,200
- 6 Session Package - Generosity Rate : \$3,000
- 10 Session Package - Full Rate : \$3,500 (~15% discount per session)
- 10 Session Package - Access Rate: \$1,900 (5% discount per session)
- 10 Session Package - Generosity Rate: \$4,300 (~15% discount per session)

## **Acknowledgements**

**We ask you to agree to the following in order to move forward with your NAS coaching package.**

**Please note, if any of the below create barriers to entry for you, we invite you to reach out to us at [coaching@artstrategies.org](mailto:coaching@artstrategies.org).**

1. I am ready to move forward with the NAS coaching package selected in this form. Once signed up on NAS' online coaching platform - coaching.com - I commit to making a payment (or facilitating payment from my sponsoring organization), selecting a coach, and getting started.
  - I agree
2. I understand that all coaching will take place virtually unless my coach and I decide differently ▪  
I agree
3. I will notify my coach (or NAS) if I experience any changing circumstances that impact my ability to move forward with my NAS coaching package as planned.
  - I agree
4. I have read and understand NAS' coaching session cancellation and refund policy
  - I agree
5. I will provide NAS with feedback on my experience by filling out the evaluation form on coaching.com at the close of my coaching engagement
  - I agree

## **You're Almost There!**

### **Here's What's Going to Happen After You Select "Complete" Below:**

We created this [video tutorial](#) to help walk you through the process above (feel free to watch it now if you're curious, but we'll also send the link again along with your coaching.com invite)

1. Once we've had a chance to review your request form, you'll receive an email invitation from our online coaching platform, coaching.com, to set up your profile. If you don't receive this email within 5 business days, please make sure to check your spam folder for any messages from coaching.com.
2. On coaching.com, you'll be able to review our coach profiles and set up chemistry calls to determine which coach best meets your needs. We recommend at least one chemistry call, and not more than three. If you want to get started learning about NAS coaches in the interim before your account is set up, you can do so [here](#).
3. Once you've decided on your coach, you'll select them on coaching.com and can get started on your

coaching package!

**If you have any questions for us, reach out to [coaching@artstrategies.org](mailto:coaching@artstrategies.org). And if you're experiencing any technical challenges with coaching.com, you can also reach out to them directly at [support@coaching.com](mailto:support@coaching.com).**

We're so grateful to be your partner in your coaching journey.