



## **PERSONAL & PROFESSIONAL DEVELOPMENT SERVICES**

### **PRICE LIST - LOCAL CLIENTS (JAD)**

#### **CONTACT**

**Cheryll Messam, CPC, ELI-MP**

Certified Professional Life & Corporate Coach

Energy Leadership Master Practitioner

You in Mind Jamaica - *Your Ally for Excellence in Life & Work*

Local clients: 876-357-6397 (Jamaica/Digicel)

International clients: 954-762-7942 / Skype: cmessam2

Email: [cheryll@youinmindjamaica.com](mailto:cheryll@youinmindjamaica.com)

Website: <http://youinmindjamaica.com/>

#### **PLEASE JOIN US**

Facebook: <https://www.facebook.com/youinmindjamaica>

LinkedIn: [jm.linkedin.com/in/cheryllmessam/](https://www.linkedin.com/in/cheryllmessam/)

Twitter: <https://twitter.com/youinmindJA>

ITEM	JAD (\$)
<b>CONSULTATIONS</b>	
Personal/Professional Development Consultation <i>(1 hour via Phone/Internet e.g. Skype)</i>	\$10,000
<b>COACHING</b>	
12 Session Coaching Package <i>( Recommended industry standard average coaching relationship. 3 months, 1 hour per week via phone/Internet e.g. Skype)</i>	\$120,000 <i>(Flexible payment plan of 3 monthly instalments of \$40,000 per mth.)</i>
4 Session Mini-Coaching Package <i>(1 month, 1 hour per week via phone/Internet e.g. Skype)</i>	\$40,000
<b>ASSESSMENT</b>	
Emotional Intelligence via Energy Leadership Index (Attitudinal) Assessment <i>(Online assessment 20 min approx. De-brief consultation on separate day 1.5 -2 hrs)</i>	US\$100 (Payment in Jamaican dollars can be arranged )
<b>RESUME</b>	
<b>Resume Review</b>	
Entry - level	\$3000
Professional	\$5000
Executive	\$7000
<b>Resume Writing</b>	
Entry - level	\$5000
Professional	\$7000
Executive	\$10,000
<b>LINKEDIN</b>	
<b>LinkedIn Review</b>	
Entry - level	\$5000
Professional	\$7000
Executive	\$7000
<b>LinkedIn Profile Writing</b>	
Entry - level	\$7000
Professional	\$10,000
Executive	\$13,000

**Payment method:** Local clients will make payments to National Commercial Bank Matilda's Corner Branch | Account 371055401 | Account Name: Cheryl Messam T/A You in Mind Jamaica. Contact us today a [cheryll@youinmindjamaica.com](mailto:cheryll@youinmindjamaica.com)