



Clarity. Direction. Results.

Nerdy Girl Career Coach

Helping smart people get more.



Thanks for meeting with me today - let me know if you have any questions about my rates and packages.



ENTRY LEVEL

ONE-HOUR SESSION – \$100

One-on-one full 1-hour session with Karen Chontofalsky, a Certified Job and Career Transition Coach with follow-up resources to help you in your next steps. Use coaching to gain clarity and make decisions about what you want from your career.

FULL RESUME REVIEW – \$275-\$475

Resume development price varies based on complexity. We work together to do two full rounds of revisions, reformatting, and content development to help your resume sell your strong points and accomplishments.

ASSESSMENT + MICRO-COACHING PACKAGE – \$275

Includes either the Clifton StrengthsFinder Assessment or your choice of one targeted DISC Career Assessment & Report. Gain insight through assessments to discover your strengths, your ideal work environment, and your professional needs. +1 hour of coaching via Marco Polo, a video chat tool that allows us to connect with asynchronous video messages to discuss topics that are most important to you!



MID-CAREER

THREE HIGH-IMPACT SESSIONS

+ YOUR CHOICE OF BONUS KIT - \$475

Three sessions that allow us to collaborate on a topic of your choice; possibilities include your career path development, marketing, or interviewing and salary negotiations. This package is a great option if you want to focus on interview preparation.

+ DIGITAL RESOURCES BONUS KIT

Option one comes with the use of a wide variety of digital tools; including an online career journal for collaboration with me as well as the use of online assessments, tools, and apps.

+ ANALOG RESOURCES BONUS KIT

Do you want to work with a career coach and at the same time, are a little tired of all of the screen time you've been logging this year? Then option two is a career coaching package just for you! This kit includes a variety of mainly analog resources to support our one-on-one sessions.



EXECUTIVE

EXECUTIVE CAREER BOOST - \$675

5 HIGH-IMPACT SESSIONS + FULL COMPLEMENT OF TOOLS

This is a package that allows us five sessions to collaborate and help you make a change! We explore your career options, your strengths, and your priorities to establish a vision of your ideal opportunity. This plan has two options;

CAREER PATH EXPLORATION

This package focuses on building a vision and path for your career - and focuses on the use of DISC Assessments, Values Assessments, and personal inventories to help understand your professional goals and needs more clearly. Beyond building a vision of what you want to accomplish, we'll work on the steps to begin your career change and explore your options.

CAREER MARKETING EXECUTION

This package focuses on developing your professional brand at a high level; what it means to create and tell the story of your unique value proposition and answer the question "Why YOU?". We focus on building a robust marketing approach including resume development, LinkedIn profile review, cover letter development, and building the core stories you'll tell while networking and in interviews.



SUBSCRIPTION

Subscription clients are my VIPs. Subscriptions are designed to be full-service, full-support packages. With your subscription, you have a partner in your job search and total career development that can extend past the first 30-60-90 days on a job and help you continue to plan and pursue your career & entrepreneurial goals.

This all-inclusive package is comprised of weekly tailored coaching sessions, on-call support, plus the development of your marketing materials including a professionally written resume, cover letter, and LinkedIn profile.

Together we can elevate your career development and achieve your goals.

A typical job search lasts 3-6 months, sometimes longer or shorter depending on the hiring practices of individual companies and how commonly available the roles you are targeting are in the marketplace. My subscription lengths keep that in mind.

As a subscription client, you get a weekly coaching session for 25% off my normal coaching rate with all other add-ons such as resume editing, LinkedIn profile development for no additional cost.

Short - Three months \$900

Medium - Six months \$1800

Long - One year \$3600 <- Great for ongoing career development and entrepreneurs.