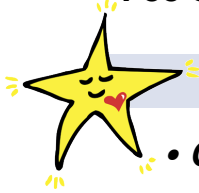


Fee Schedule: Training (for Groups and Organizations)



Take Care of Yourself: A Star & Seven Sustainable Skills...

• Online

Webinar and Q+A *(per 20 online registrations)*

30 min. \$200.

60 min. \$400.

Multi-week Group Sessions / 60-min. *(*max 30-person group enrollment)*

4-weeks \$2,400.

8-weeks \$4,800.

• Onsite

Workshop Fees *(*max 18-person group enrollment)*

75 min. \$250.

2 hr. \$500.

3 hr. \$750.

4 hr. \$1000.

Multi-week Group Sessions / 90-min. *(*max 18-person group enrollment)*

4-weeks \$2,000.

8-weeks \$4,000.



My Doable Self-Care Plan

• Tele-Conference: Small Group Coaching Series *(*max 6-person phone group enrollment)*

60-min. Sessions Weekly

6-weeks \$1,800.

Materials Fees for Groups

Materials enhance skill-training and coaching program efficacy & outcomes.

(Volume discounts are available for group sizes over 100.)



Take Care of Yourself (TCOY): A Star & Seven Sustainable Skills for the Long-Term Care Journey

TCOY pocket guide *(required)* \$3./person

TCOY laminated worksheet *(required)* \$3./person

TCOY illustrated journal, 100-pages *(optional)* \$15./person



My Doable Self-Care Plan: A Playbook for Long-Term Caregivers

Planner, 100-pages *(required)* \$15./person



Training Fee Schedule continued...

Mary E. MacDonald M.A. is the principal trainer and coach for all listed programs. Mary collaborates with private groups and organizations to create a compensation arrangement that meets the financial capabilities of participants and/or the organization.

*Note: Group-size maximums indicate maximum group size for effective training and coaching by the principal trainer/coach Mary E. MacDonald M.A. Larger groups may be accommodated by additional training staff (trained by Mary; please discuss larger group needs with Mary).

For onsite training programs, training facilitation, materials, travel (mileage or airfare & local transportation), accommodations, and meals are standard contract items. Travel is based on Mary's travel from her home in Topsfield, MA. If travel requires greater than a 2-hour drive, overnight accommodation is required. Groups in a region are encouraged to collaborate to share expenses.

To inquire about scheduling a training program, please contact Mary:
Email: mary@marymacmissions.com
Phone: 978-887-4202