



MOMENTA CONSULTATION

ORGANIZATIONAL PSYCHOLOGY & LEADERSHIP

# Investment Guide

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*Learning in all its facets is a key element to success.*

T.L. Carroll

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# About

Momenta Consultation is about putting psychology at work for leaders. We are passionate about how people think and behave at work. We offer our comprehensive organizational behaviour knowledge to help shape and improve how our clients lead their organization through their people.

We specialize in leadership development, offering Training, Consultation & Executive Coaching services.



Tammy L. Carroll, Ph.D.  
Founder & CEO

# Services & Pricing

# 1. Training

We enjoy sharing our knowledge with leaders so that they can work smarter, not harder.

We have a number of pre-designed workshops that can be customized to your needs. We can also develop and tailor a workshop on other themes important to you.



## Investment

**1 hr session:**  
\$1,500 (starting base rate)  
+  
\$25 per participant\*


**Half-day session:**  
\$2,500 (starting base rate)  
+  
\$50 per participant\*

**Full-day session:**  
\$4,000 (starting base rate)  
+  
\$100 per participant\*

- Learning material such as psychometric assessments will incur extra charges.
- Travel expenses are an additional cost to the client at prevailing federal government rates for meals, incidentals, and hotels. Travel time is based on per diem (7.5 hrs) rate of \$1,500. Travel outside the Greater Moncton area (N.B.) will incur charges.

\* plus HST.

## 2. Leadership Consultation



It can be  
lonely at the top  
sometimes.

Looking for impartial and objective perspective of your situation? Need a sounding board or tips and tools how to manage a difficult situation? Need ideas how to maximize your team's effectiveness? These are some examples of where we can support you. We examine how employees behave and think in the workplace and share all that knowledge with you to better guide your choices as a leader.

### Investment

\$400 (+HST) initial session (90 mins)  
\$300 (+HST) subsequent sessions (60 mins)

# 3. Executive Coaching

*Executive coaching is about enhancing high performance, similar to how an elite athlete uses a coach.*

Executive coaching is aimed at improving the performance of top leaders. It is a personalized process that begins by identifying your best leadership practices and your challenges. Where you have been stuck, we will move you forward. Where you have blind spots, we will help you see. Where you have been frustrated, we will get at the root causes and find solutions. We will help you increase your leadership effectiveness by enhancing self-reliance.

Further, knowing self is key to develop and excel as a leader. We use science-based psychometric tools to assist leaders in developing greater self-knowledge and awareness of how others perceive them.

What other investments in professional development do you know of that provide a ROI of 529%?<sup>1</sup> The reason for such high return is clear: leadership matters. A lot. Why, you ask? Because it is all about you, wherever you are at. This sure is no cookie-cutter approach.

## Investment

### A great beginning

Starting at \$1,100 (+HST)  
(3 sessions including 1  
psychometric assessment)

### The next level

Starting at \$1,800 (+HST)  
(5 sessions including  
2 psychometric  
assessments)

### The ultimate

Starting at \$2,500 (+HST)  
(8 sessions with 2  
psychometric  
assessments)

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1. ASTD online Newsletter 2002



*Thank you for taking the time to learn more about my practice. If you need more information, have questions, or would like to offer a suggestion, please be in touch.*

*It is always a privilege to work with top leaders and see them grow into better leaders and ultimately, better people. It is my hope that I can work alongside your leadership journey.*

*All the best,*

*Lammy*





## WHY US?

We want to support you in becoming a more effective leader by enhancing your people skills. We meet you wherever you are in your leadership journey. We use evidence-based approach and tools to maximize your learning.



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## CONTACT US

[www.momentaconsultation.com](http://www.momentaconsultation.com)  
506.962.TLC1 (8521)  
[tlcarroll@momentaconsultation.com](mailto:tlcarroll@momentaconsultation.com)