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**ART OF COACHING PODCAST™ EPISODE 193  
WHAT TO CHARGE FOR YOUR TIME & EXPERTISE: A DEEP DIVE**

Do you regularly charge for your time OR have you ever been asked what you charge for your time? Explain in what context and how you came to your number.

After listening to this episode, what factors would you take into consideration the next time someone asks what you charge for an hour of your time?

Even though not the same as what to charge for an hour of your time, use the following equation to see what an hour of your time is worth: Total amount earned working (AFTER tax) / Total hours spent working or work related activities (taking kids to day care, commute, etc.) = \$ / Hr



**What was your relationship with money growing up and what habits are you proud of? What habits do you want to improve on in terms of money?**

**How do you decide how much of your time, energy and content you give away for free versus charging? When/where do you struggle giving away too much?**

**At the end of the day, knowing how much to charge for your time depends on how much you trust yourself and your value. Agree or disagree?**



## Art of Coaching Podcast™

### ABOUT



Join us as we dive more deeply into what it takes to change attitudes, outcomes & behaviors across a variety of world-class environments. Our guests include a wide range of professionals ranging from coaching, law enforcement, scientists, managers, military and entrepreneurs.

While I may originally be a strength and conditioning coach by trade- my work now spans across the corporate realm, military setting and beyond. If you work with people in any capacity and are fascinated by what makes them tick, this show is for you!

Each episode is packed with tactical insights as we prioritize providing you with key take-aways, instead mass produced "surface level" advice. Expect to be challenged, expect to be surprised and expect to maybe find a few laughs along the way as well.



**Art of Coaching Podcast™**  
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