

Coaching Services

KB PERFORMANCE COACHING

Welcome!

WE'RE SO GLAD YOU ARE HERE!



At KB Coaching, we do more than simply provide you with a training program. We guide, educate and support you throughout the entire process, helping you understand not just what you're doing, but why.
Our coaching approach combines structured training, personalised nutrition, education and ongoing accountability to help you build strength, confidence and sustainable results.
Whether you're looking for complete online coaching or additional face-to-face guidance, our goal is to provide you with the tools, knowledge and support to keep progressing long term.

Coaching Services

WHAT DOES IT INCLUDE?

YOUR COACHING SERVICE

Depending on your coaching package, your service may include:

- Personal Training sessions
- Initial onboarding, assessments and goal setting
- Individualised training program design and ongoing adjustments
- Access to and management of your coaching app
- Nutrition coaching, including meal plans, calorie and macronutrient targets and ongoing adjustments
- Regular check-in reviews and personalised video feedback
- Coaching calls and voice note support when required
- In-app communication and ongoing support throughout the week
- Educational ebooks, guides and client resources
- Access to the KB Coaching client community

INITIAL CONSULTATION & ONBOARDING

*Your **$85** initial consultation and onboarding fee covers the time required to assess your starting point, establish your goals, and lay the foundation for your individual coaching plan.*

- Initial consultation and goal-setting session
- Full onboarding into our coaching systems
- Long-term goal mapping and phase planning
- Nutrition assessment and initial nutrition setup
- Body composition assessment
- Fitness and movement screening
- Initial personalised training program setup
- Coaching app setup and access
- Access to our client community and educational resources

Our goal throughout the onboarding process is to gain a clear understanding of where you are now, where you want to go, and the most appropriate pathway to help you get there.

KB Coaching Services

1 1:1 PERSONAL TRAINING

Hands-on coaching for those wanting regular face-to-face guidance, technique development and personalised support in the gym.

2 HYBRID COACHING

The flexibility of online coaching combined with fortnightly in-person support. Choose between a progress check-in or a personal training session.

3 ONLINE COACHING

Comprehensive training and nutrition coaching delivered online, with personalised programming, regular feedback and accountability wherever you train.



KB COACHING

Coaching Packages

1:1 PERSONAL TRAINING

- In-person coaching with hands-on guidance, support and personalised training to help you build strength and confidence.
- 1 x Personal Training session per week
- Hands-on coaching & technique correction
- Personalised exercise guidance & progression

$165 p/w

HYBRID

BOTH HYBRID OPTIONS INCLUDE EVERYTHING IN ONLINE COACHING

FORTNIGHTLY PT

- One PT session every fortnight (45-60 mins).
- Hands-on exercise coaching & technique.

$130 / week

FORTNIGHTLY CHECK-IN

- One in-person progress check-in every fortnight (30 mins).
- Guidance & accountability

$115 / week

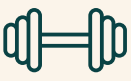
ONLINE COACHING

Comprehensive online training and nutrition coaching, with personalised programming, regular progress reviews, ongoing guidance and accountability to help you build confidence, stay consistent and achieve long-term results.

- Personalised training program
- Nutrition guidance & education
- Regular check-ins & support
- Ongoing adjustments to keep you progressing

$88 p/w

INCLUDED IN ALL COACHING PACKAGES



INDIVIDUALISED TRAINING PROGRAMMING



PERSONALISED NUTRITION GUIDANCE



FOOD FEEDBACK & REGULAR ADJUSTMENTS



PRIVATE COACHING APP ACCESS



DIRECT MESSAGING, SUPPORT & ACCOUNTABILITY

Additional PT sessions are available for $70 per session

All prices listed by KB Coaching are inclusive of any applicable taxes.

COMPETITION PREPARATION

Comp Prep Coaching

READY TO STEP ON STAGE?

Any coaching package above can be upgraded to competition prep.

THIS PACKAGE INCLUDES

- **Peak Week Planning:** Detailed strategy for maximising your physique.
- **Posing Guidance:** Expert guidance to showcase your hard work on stage, with posing coaching recommendations.
- **Show Day Support:** Assistance and support on the day of your competition.

Contact us for personalised pricing and details for upgrading to comp prep.
We're excited to help you achieve your physique and performance goals.













TERMS & CONDITIONS

Coaching Agreement



MINIMUM COMMITMENT

All KB Coaching services require an initial four-week minimum commitment.
We understand that circumstances and goals can change. After your initial commitment period, if you decide coaching is no longer the right fit for you, we simply require two weeks' notice to cancel your coaching service.
This allows us to finalise your coaching arrangements and ensure a smooth conclusion to your time with us.

PAUSING YOUR ACCOUNT

We understand that life happens! Whether you're travelling, recovering from surgery or managing other personal circumstances, we can arrange to temporarily pause your coaching for an agreed period.
During this time, all coaching services will be placed on hold, including access to the coaching app and communication with your coach.
We kindly ask that you provide as much notice as possible when requesting a pause so we can make the appropriate arrangements.

RETURNING FROM A PAUSE

If your circumstances change during your coaching pause and you decide not to return, our standard two-week cancellation notice will still apply.
We encourage you to communicate any changes to your circumstances as early as possible so we can assist with the appropriate arrangements.

CANCELLATION POLICY

To respect our coaches' time and scheduled appointments, we have a 24-hour cancellation policy for all personal training sessions and in-person check-ins.
Appointments cancelled within 24 hours of their scheduled time will incur the full session fee.
We understand that unexpected circumstances can arise and will always do our best to accommodate rescheduling requests where possible.

Thank you for your understanding and for respecting our time and coaching policies.

EVERYTHING YOU NEED TO KNOW

FAQ's

01 Where are you located for in-person coaching?

We are located at **Empire Performance Centre**. 8 Dollier St, Jandakot WA 6164

02 How are payments handled?

All coaching payments are processed through Ezidebit via automatic direct debit. Payments are scheduled according to your coaching agreement, and additional transaction fees may apply depending on your chosen payment method.

03 What if I need to cancel my coaching service?

We do require a two-week notice period so we can wrap things up properly on our end. We understand that life happens and sometimes unexpected situations pop up, but we kindly ask that outside of these circumstances please try to give us as much notice as possible.

04 What are check-ins?

Check-ins are an important part of your coaching journey and allow us to monitor your progress, provide personalised feedback and make adjustments where needed.
Through our coaching app, you'll submit updates on your training, nutrition, recovery and overall progress, including progress photos where appropriate.
Your coach will review your submission and provide guidance to help you continue moving towards your goals.
For hybrid coaching clients, fortnightly in-person check-ins provide an additional opportunity to review progress, discuss goals and address any areas requiring extra support.
These are separate from the personal training sessions.

05 What qualifications do we have?

Both KB Coaching coaches are fully qualified and insured fitness professionals, with additional qualifications in body composition, postnatal training and sports nutrition.
Combining our formal education with years of hands-on coaching experience, we take an evidence-based, individualised approach to training and nutrition.

Our expertise allows us to support clients across a range of goals, including muscle development, fat loss, physique transformation, performance and long-term health.
We're passionate about continuing our education and providing our clients with the knowledge, guidance and support to achieve sustainable results.

READY WHEN YOU ARE

Let's Get Started!

READY TO TAKE THE NEXT STEP?

We'd love to have you join TeamKB! 🧡

Let us know which coaching package feels like the best fit, and we'll guide you through the next steps.

From there, we'll get you set up in our coaching app, complete your onboarding and start building your personalised training and nutrition plans.
We can't wait to be part of your journey!

READY TO JOIN TEAMKB?

Complete our Coaching Enquiry Form below to get started.
https://zdwqdg.kahunas.app/lead/qzgi0h



Kayla & Bre
KB Coaching

www.kbcoaching.info
admin@kbcoaching.info
0426 253 365 · 0417 444 565