

$$L_p := 100\mu\text{H}$$

So. Lets assume  $L_k$  to be 10% leakage of  $L_p$   
then

$$L_k := 10\mu\text{H}$$

$$K_{\text{coupling}} := 1 + \left( \frac{L_k}{L_p} \right) = 1.1$$