



Individual Coaching

(Three month minimum)

Begin experiencing maximum satisfaction in life as you move with purpose toward your goals!

Option 1: **three** phone calls per month (40 minutes each) and contact via email or short check-up calls as needed.

Cost: \$199/month (10% discount for prepayment of three months).

Option 2: **two** phone calls per month (40 minutes each) and contact via email or short check-up calls as needed.

Cost: \$149/month (10% discount for prepayment of three months).

Group Coaching

Four people minimum; **six** people maximum

Two phone calls per month (60-90 minutes depending on group size) and contact via email or short check-up calls as needed.

Cost: \$49 per month, per person