

Coaching Program Details & Pricing

Changes to your lifestyle take time, support, and consistency. Three months is the amount of time it typically takes for us to kick the old and sustain the new {habits}. The chances of sustaining goals post-program are higher with continued support from your coach throughout a 12-week timeline, but I offer a 4-week option as well.

Throughout our time together we will focus on your long-term vision, values, and the goal(s) that will support both. I will ask you to choose "homework" for yourself each week to support this goal(s). Sessions typically range from 30-45 minutes each week. Virtual sessions via Zoom or phone calls, are the most productive and preferred. In-person sessions available upon request.

12-Week Program

Program consisting of 12 coaching sessions (1x per week) at **\$25 per session for \$300 total**. This amount is requested to be paid in full before your first session (after consultation) and preferred. If agreed upon during discussion of the Coaching Agreement, \$100 installments at the beginning of each 4 weeks is an option as well.

At the end of this program you will always receive a **Highlight Reel**. Not a literal reel, but a printable packet with highlights from your journey. This is something I do for fun and find value in giving back to the client at the end of their program!

4-Week Program

Program consisting of 4 coaching sessions (1x per week) at **\$30 per session for \$120 total**. This amount is requested to be paid in full before your first session (after consultation).

This program is an excellent option for those with a short-term goal, or those looking for an empowering sounding board through a challenging process (ex. interviewing process). You have the option to extend your program for the balance of the 12-Week Program cost at any time **before or during the closing session**, but not after.

Resources

I offer a **28-Day Self-Coaching Goal Tracker and Substance Log** through Google Sheets. Discussing weekly results with a coach is helpful, but sometimes we just want to go it alone!

You will receive a copy of this tool for **FREE** when you sign up for my blog and monthly newsletter!

Payment Details

All payments must be submitted through PayPal to Earthbound Wellness, LLC:

https://paypal.me/earthboundwellness1?country.x=US&locale.x=en_US