

# Coaching Packages!

## Getting On Track Package:

**Total Cost: \$595.00** (regular cost: \$1025.00!!!!)

Sometimes we simply get 'off track'; our rhythm is out of time with our goals. There just doesn't seem to be the time to do the things we used to do or want to do.

Create a concrete plan of to achieve your goals, along with action steps and build in accountability measures. Get focused and take control of how you use your time and resources!

This package includes an extended strategy session and 5 laser coaching sessions. See personal coaching information below.

## 4 Month Package:

**Total Cost: \$1495.00** (regular cost \$1950.00!)

You're stuck. You have been on a journey of personal growth for some time. Perhaps you listen to cd's on such things as personal growth, self help or spirituality. You may have even seen a counselor, therapist or coach and things are not changing. Use this package to create movement in your life, to get past some of the things that have kept you stuck or to further your personal and spiritual journey now.

This package includes 3 discovery sessions and 4 full coaching sessions. See personal coaching information below.

## **Let's Re-Connect: Relationship Coaching Package:**

**\$995.00** (regular price \$1650.00)

Work, children, household responsibilities... where there was once a spark, love and intimacy is now two strangers passing in the night. That's right, passing, which means there is little or no sex too!

When the business of life has led you away from the one you love, it is time to re-connect, to rebuild what is lost or to create something new together!

You loved that person when you married them and you have since devoted a large part of your life to them and your relationship. Take the time and invest in your most important relationship.

Package includes: 1 90 minute planning session and Six 50 minute relationship coaching sessions over a 2-4 month period.

## **Exit Planning/Transition Coaching**

When the time to leave the work you have known has come; when you are ready to transition from living to work to working to live, or your simply ready to design a life you've always wanted, Truly Human Coaching is for you.

### ***You Can Have It ALL!!!***

People coach with me to find a new sense of purpose in their lives, to connect with their emotions, to have some fun, to enjoy their loved one's, to explore their true gifts, desires and dreams and make them happen! Through our coaching, my clients make choices that create the life changes they truly want.

**4 Month Package: \$1500.00 (one time charge)**

**7 Month Package: \$2500.00 (one time charge)**

These packages include components of my personal coaching which include: the Discovery Process and 3 or 6 months of exit planning/transition, 2 coaching sessions per month.

## **Personal Coaching**

**Discovery Process (3 sessions total)**      \$750.00 (one time fee)

The personal change work that we will do together is intense, you are here now because other modalities have not worked and you are ready to create a life that fulfills all you want it to, and more.

Our initial time together is one of discovery, education, focus and direction. The process entails several hours of ‘off call’ work by both of us: you working on a ‘discovery packet’; me working with your discovery packet after you send it to me. We then schedule 4 consecutive calls to solidify our focus and get the most from our coaching relationship.

During these initial sessions we will:

- Identify your goals & focus for the coaching
- Establish the structure of our partnership
- Develop a strategy to help you attain your goals
- Identify your top values and beliefs

**Platinum**      \$550.00 per month (6 month minimum suggested)

- 3 – 50 minute sessions per month or 2—60 minute sessions
- Unlimited email
- Unlimited just-in-time calls as needed
- Customized tools & exercises
- Monthly newsletter

**Gold**      \$400.00 per month (6 month minimum suggested)

- 2 – 50 minute sessions
- Unlimited email
- Customized tools & exercises
- Monthly newsletter

**Silver** (For continuing clients only)      \$225.00 per month

- 1 – 50 minute sessions per month
- Customized tools & exercises
- Monthly newsletter

**Single Sessions:**      \$225.00 per session

Sometimes clients need a “refresher” a “tune-up” or would like to have a coach “on retainer”. Single sessions are available for all past clients, and on a limited basis for those considering coaching. Single sessions can be purchased as needed or as a package or a discounted or package rate. Session times are 45 minutes

## **Couples Coaching**

### **Platinum**

\$600.00 per month (4 month contract requested)

- 2– 90 minute sessions per month
- Discovery session is included
- Unlimited email
- Unlimited just-in-time calls as needed
- Customized tools & exercises
- Monthly newsletter

### **Gold**

\$450.00 per month (4 month contract requested)

- 2– 50 minute sessions per month
- Unlimited email
- Customized tools & exercises
- Monthly newsletter

### **Silver** (For continuing clients only) \$225.00 per month

- 1 – 50 minute session as desired
- Unlimited email
- Customized tools & exercises
- Monthly newsletter

### **Strategy Session**

\$275.00 (one time fee, see laser coaching below)

There are many folks who are ‘stuck’ on a particular problem, or find themselves in a difficult personal relationship that requires just a bit of outside intervention. During this 1 hour session, we will:

- Identify your goals & focus.
- Strategize & create a clear plan of action
- Create multiple solutions and options
- Develop structures to create new habits
- Create a design for you to use laser coaching

### **Laser Coaching:**

\$150.00

Here you go, after the first strategy session, you have learned the process. You can schedule a 30 minute laser coaching session! Simply schedule a laser coaching session, complete the preparation material, send it over and we are ready to coach!

NOTE: A package price of \$500.00 is available for one strategy session and two laser coaching sessions.