

HEALTH AND WELLNESS COACHING

Health and Wellness Coaching is a service offered to support clients as they navigate the often frustrating and discouraging process of making productive, meaningful, and lasting changes to improve their health and wellness. By implementing Positive Psychology, Motivational Interviewing, and SMART Goals, coaching will help you uncover the motivation and drive to make realistic and attainable changes that move you toward your vision of an ideal, healthy lifestyle. Coaches are equipped with an extensive wealth of resources in lifestyle factors such as nutrition, sleep, movement, and mental health management to support you in your journey. You and your coach will work to create a unique, personally tailored plan that helps you make changes that can optimize your physical, mental, and emotional health.

Coaching could be a great fit for you if:

- 1) You find yourself needing or struggling to make healthy changes in your life – either self or medically prescribed – and may need further resources, support, or accountability.
- 2) You are interested in improving your physical, mental, and spiritual health to optimize your ability to be productive, present, and powerful.
- 3) You are longing to release habits and thought patterns that no longer serve you and create ones that promote positivity, growth, and wellness.

**Coaching is offered in person or virtually via Zoom. To optimize the coaching process, client should be prepared to meet with their coach on a weekly basis. Exceptions are made for vacations or special circumstances.

PACKAGES & PRICING:

Coaching is available session-by-session or at a lower session rate by 6, 8, 10, or 12 week packages. If clients select a package, they can opt to pay up front and receive a 10% discount. Additional sessions can always be added if the client and coach decide that the coaching process should continue beyond the initial package.

PRICE PER SESSION: \$125 (sliding scale option in specific cases)

PACKAGES:

- 1) 6 WEEK PACKAGE PAYMENT OPTIONS:
 - Pay by session, \$115 per session.
 - Pay total up front and receive a 10% discount: \$621 (instead of \$690 total)
- 2) 8 WEEK PACKAGE PAYMENT OPTIONS:
 - Pay by session, \$115 per session.
 - Pay total up front and receive a 10% discount: \$828 (instead of \$920 total)
- 3) 10 WEEK PACKAGE PAYMENT OPTIONS:
 - Pay by session, \$115 per session.
 - Pay total up front and receive a 10% discount: \$1,035 (instead of \$1,150 total)
- 4) 12 WEEK PACKAGE PAYMENT OPTIONS:
 - Pay by session, \$115 per session.
 - Pay total up front and receive a 10% discount: \$1,242 (instead of \$1,380 total)