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SERVICE MINDSET

*Consulting*

SERVICES

*Coaching*

All coaching services include a  
FREE introductory consultation before you commit!



Unlock Your Potential NOW &  
Become the Best version of YOU!

# *Are you Ready to Unlock Your Potential?*

It's time to stop allowing life to just happen to you.

You need to own where you are now, and take charge of where you want to be. Don't worry... I've got a plan to show you how.

## WHO IS THIS FOR?

*Do you find...*

that you are constantly playing catch up on your to-do list, feeling like you never get enough done?

*Are you...*

On the other side of a life transition and feel a little lost in what your purpose is?

*Do you want...*

to find balance and have clarity about who you are and where you are going?

## ARE YOU ACHING FOR A BREAKTHROUGH, A CHANGE TO YOUR EVERYDAY LIFE?

Do you lay in bed at night wondering how you got here...to this place...is this all life has in store for you? Are you ready to figure out who YOU are again, you're just not sure how to do it? Are you ready to put in some serious effort and hard work looking at your present and future so you can live the life you really want?

If so, it is time for a change. It is time for you to take charge of your life again!

Get ready to BECOME YOUR BEST SELF!!!

## YOUR TIME IS NOW!

# COACHING

## Pricing

*Our time together will be a lot of things, but most of all, it's an investment! You are investing in yourself, your future and your dreams! I specialize in offering something for everyone. I've bundled my most popular services for your convenience, although I do offer a large variety of add-ons for those wanting a more customized experience. Just ask!*

## Let me be your COACH - Individual Sessions

### Face Time!

#### 1-on-1 Sessions

- 60 Minutes - \$115
- 75 Minutes - \$135
- 90 Minutes - \$160
- Two Hours - \$190

### 1-on-1 Bundles

#### (75 Minute Sessions)

- 4 Sessions - \$500
- 12 Sessions - \$1200
- 16 Sessions - \$1500

### BUNDLE ADD-ONS

Add these on to any bundle

### Let's Talk!

#### Phone Sessions

- 30 Minutes - \$39
- 60 Minutes - \$65

#### Text/Email (Unlimited)

- 4 Sessions +\$15
- 12 Sessions +\$45
- 16 Sessions +\$55