**Coaching Services**

A La Carte Services

New Client Discovery Session (90 minutes) – $300

Coaching Session Rate – $225/hr

Premium Coaching Packages

**Discovery Package** – $650 (a $975 value) *For new clients only*

One month of coaching designed to give you an experience of what coaching can do for you – at over 30% off!

Includes 4 sessions:

* + New Client Discovery Session (90 minutes)
  + 3 Individual Coaching Sessions (60 minutes each)

**3-Month Coaching Package** – $2400 (a $3000 value)

A baker’s dozen!

Includes:

* Free New Client Discovery Session ($300 value)
* Twelve Individual Coaching Sessions (discounted to $200 for 60-minute sessions)

Plus:

* 25% Discount on Group Classes or Workshops
* 10% Discount on additional single (a la carte) coaching sessions
* Monthly Package Discount Rate ($200/session) for clients wishing to sustain their Premium Coaching Package benefits on a month-by-month basis. ($800/month for 4 sessions)

*Premium Coaching Package payments are due at the beginning of the month. Payments may be made by check or credit card via PayPal (Visa/ MasterCard/ American Express/ Discover).*

Ask about additional discounts for packages of 6 months or longer