



Confidence Coaching Services

INDIVIDUAL SESSIONS

- Phone or Video Call -
 - Includes one follow-up email exchange -
- \$98/30 minutes; \$180/hour**

CONFIDENCE QUICKSTART

- 90-minute phone or video call -
 - Personalized Action Plan for a 30-day strategy to support your goals -
 - One week unlimited email to be used anytime within 1 month of call -
- \$298/session**

TWEEN/TEEN COACHING PACKAGES

- Includes added 15-minute consultation with girl -
 - Background and goal-setting call with parents -
 - 45-minute phone or video sessions -
 - Email and text support for parents and girl throughout-
- \$698/4 sessions; \$1198/8 sessions**

MONTHLY SUPPORT

- Two 30-minute calls to be used anytime -
 - Unlimited email support -
 - Custom resources, practices and meditations -
- \$600/month**

MOTHER-DAUGHTER CONFLICT RESOLUTION

- 60-minute video or in-home sessions only -
 - Sessions include a blend of working together and individually -
 - Email and text support for mother and girl throughout -
 - Includes Personalized Action Plan to support your goals -
- \$498/3 sessions**

CONCIERGE PACKAGES

- Fully personalized to provide holistic support in the way you need it -
 - May include: parent, girl, and/or family coaching, unlimited email and text support, custom resource and curriculum design, custom yoga and meditation practices, conflict resolution, organization and time management -
- Packages begin at \$1000/month**

