

Coaching & Counseling Services

INDIVIDUAL SESSIONS

- Phone or Video Call -
 - Includes one follow-up email exchange -
- \$80/30 minutes; \$150/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 child-
 - 45-minute phone or video sessions -
 - Email and text support for parents and child throughout-
- \$498/4 sessions; \$898/8 sessions**

MONTHLY SUPPORT

- Two 30-minute calls to be used anytime -
 - Unlimited email support -
 - Custom resources, practices and meditations -
- \$500/month**

CONCIERGE PACKAGES

- Fully personalized to provide holistic support in the way you need it -
 - May include: parent, child, 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 -
 - Monthly or One-Day Intensive-
- Packages begin at \$800**



