



Coaching Rates 2022

One Time

45-minute single session

Exploring objectives, best pace and learning styles

Cost: \$149

Slow, Steady Shift

Duration 6-Weeks

(4) x 30 minute sessions

Includes unlimited text/email support

Cost: \$449

Accelerated Transformation

Duration 8-Weeks

(8) x 30 minute sessions

Includes unlimited text/email support

Cost: \$849

Pay in full on Venmo

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