

Life Transformation Coach

“The Ultimate Reinventing Yourself (Guaranteed!) Coaching Package”

- This package is expected to last 6-12 months, and is customized to your individual progress and needs
 - 16 1-hour private coaching sessions, plus additional coaching sessions as needed until you’ve discovered a deep level of purpose to your satisfaction
 - A 90-minute Introductory “Soul Reading” session
 - A 45-min introductory guided meditation
 - Weekly 20-min meditations to support mindfulness
 - Weekly self-assessment sheets with 15-minute feedback sessions
 - Ongoing text and e-mail support
 - De-stressing techniques
 - Confidence-building tools
 - Guidance on what foods give you energy
 - Six customized workout routines designed by me (45 min each)
 - Guidance on rediscovering internal happiness and self-love
 - Done-for-you templates on your most pressing questions
- BONUS:** A complimentary V.I.P. dinner “Celebrate Yourself” with myself at Canlis, Seattle
- BONUS:** Access to the 14-day metabolic reset program
- BONUS:** Customized affirmations designed to eliminate mental blockages