



COACHING AND CONSULTING PLANS

LEVEL #1 - "Hey! I've got a question."

A 15-20 minute Zoom call to answer any big picture questions or seek consultation. (\$25)

LEVEL #2 - "Hey! I need your help!"

Half-hour Zoom call to ask questions or get help with time or life management questions, relationship advice, parenting advice, or anything that's dragging you down. (\$50)

LEVEL #3 - "Hey! I REALLY need your help!"

One-hour Zoom call to develop strategies and implement a plan moving forward for any of the above issues. (\$75)

LEVEL #4 - "OH GOD, PLEASE HELP ME!"

This is my monthly coaching option. It involves weekly Zoom calls to develop strategies and implement a plan moving forward.

Coaching includes checking in on the plan, advice on how to better implement the plan, and random check-ins to see if you're still alive. (\$250 - *Minimum 3-month agreement.*)