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EXPAND YOUR ROOTS AND GROW

## Coaching Packages

### All coaching packages include:

- Scheduled one-on-one coaching sessions
- Email and text messaging support
- Between-session "homework"
- Tools and resources

**Deep Rooted Growth** – This premium package supports larger, more specific goal attainment for motivated individuals ready to make lasting changes. It includes 6 biweekly 60-minute sessions and 6 alternate biweekly 30-minute sessions over the course of three consecutive months.

**Expand Your Roots and Grow** – This package supports deep growth and overall wellbeing. You will gain clarity on your goals and develop solutions to get results faster. It includes a block of six 60-minute sessions to be scheduled at a frequency that best supports your goals and schedule.

**Mini Sessions** – This smaller package is great for people who are on the go and do not have a lot of time but are ready to make a change, improvement or overcome a challenge. It's ideal for getting through specific situations and developing new habits. It includes four 30-minute weekly sessions.

**Workplace Breakthrough** – This workplace package aims to increase work-life balance, through increasing productivity, better time-management, improved communication, and teamwork, as well as increased self awareness and confidence. It includes a block of six 30-minute sessions scheduled at a frequency that best supports your goals. Sessions can be regularly scheduled to work on one goal or scheduled as needed to work through mini goals.

**Book your free 30-minute consultation now** to explore which one of these packages best supports your goals!