



THE EMBODIED WAY

NEW YEAR, NEW YOU! COACHING PACKAGES

CONNECTED

Create deeper personal and community connections with this three-session guided conversation (90-minute sessions). **You create the group.** Minimum 4, maximum 8. Includes a 15-minute one-to-one session with each participant after completion. Level of appreciation for this experience **\$149 per person**

CONFIDENT

Three one-to-one 90-minute sessions focused on building courage, confidence, and competence. Includes follow-up notes and relevant tools for continued growth. Sessions are completed over six weeks. Level of appreciation for this experience **\$449**

CHERISHED

Six one-to-one 90-minute sessions to explore your values, healthy boundaries, sensory wellness, self-care, connection, and creative expression as you design the life you want. Includes follow-up notes and relevant tools for continued growth. Sessions are completed over three months. Level of appreciation for this experience **\$899**

For more details or to register, click [HERE](#)

