

Wellness month

This 1-month program includes an initial 1-hour consultation where we will do an in-depth assessment of your current status, what your goals are, and come up with a plan.

We will then have weekly check-ins where we assess where we are, and how to proceed. These check-ins can be on zoom, on the phone, in person, or simply over text message or email, depending on what your needs are, and what works best with your schedule.

You will have 24/7 access* to coach for any questions or concerns that would come up, or for any extra support, or accountability you might need during the program.

This program is for the person who needs some support to get started implementing new habits, but will be able to continue on their own after the initial period.

Cost: \$349.-

*All messages will be returned asap, but the coach does need to sleep a little.... guaranteed response within 12 hours.