

## Seeds of Change Health & Wellness Coaching, LLC 2022 Coaching Packages

### Two Week Coaching Trial:

\$99

This program provides a short-term experience of coaching. This package offers 2 (35-45min) intensive coaching sessions over the course of two weeks, unlimited email dialogue, unlimited texting and spot calls as needed. This is an ideal opportunity to get a true feel for the value of coaching and how coaching can make a difference in your life. These two weeks will provide enough time to gain clarity on a life situation, feel a greater sense of power and give you structure to create an action plan to start gaining momentum. Note: This package is for new clients only.

### Telephone Coaching Packages:

The following programs are all retainer coaching programs. This means that a Seeds of Change Coach is available to you for both formal scheduled coaching calls as well as unlimited email, texting, and spot calls in between sessions. Coaching sessions do not expire and can be used at any time.

Monthly Program [Includes 4 coaching sessions]	\$997
Three Month Package [Includes 10 coaching sessions]	\$2397
Six Month Package [Includes 20 coaching sessions]	\$4597
One Year Package [Includes 30 coaching sessions]	\$5997

### Payment Plans:

#### Option #1 Pay in Full: Includes 10% discount:

Three Month [10 session] Package	\$2158 [Save \$239]
Six Month [20 session] Package	\$4138 [Save \$459]
One Year [30 Session] Package	\$5398 [Save \$599]

#### Option #2 Auto-payments

Three Month [10 session] Package:	3 payments @ \$799/month
Six Month [20 session] Package:	6 payments @ \$769/month
One Year [30 session] Package:	12 payments @ \$499/month

#### Option #3 Autopay over 12 months

Three Month [10-session] Package:	12 months @ \$209/month
Six Month [20-session] Package:	12 months @ \$389/month
One Year [30-session] Package:	12 months @ \$499/month