



Coaching Fees and Methods of Payment:

Bundle Sessions:

To get the most out of your coaching session, it is recommended you commit to a minimum of 3 sessions initially. I offer this to all first time clients at an introductory rate of \$360.00. **This represents an investment of 20% in you on my part.** This demonstrates my commitment to your success.

A regular 1-hr session is an investment of \$150.00 each. Many organizations provide a health spending account that may help cover the cost.

All major credit cards, cheques or cash are accepted.