

PACKAGES AND PROGRAMS

PROGRAM 1: CHANGE RETAINER

Keep your counselor of coach “on retainer” to support you as needed. When you have a situation come up, or if you just need a “tune up,” you can email or schedule a chat via instant messenger ([Google Chat or Video](#)). We won't do the work for you, but we will “nudge” you often!

- 3-5 monthly support emails
- **\$85 per month**

PROGRAM 2: SUPPORTED CHANGE

You may not need one-on-one appointments at this time – many past clients fit this category. However, what feedback tells us is that you want to have your counselor “on hand” when you find yourself needing support, guidance, reassurance and someone who regularly follows up with you.

- One counseling or coaching session
- 3-5 monthly support emails
- **\$210 per month**

PROGRAM 3: HIGH ACHIEVER’S CHANGE

This is a high-intensity, “hands on” program designed to help you develop strategies for change very quickly, and keep your momentum going. Here’s what you get:

- Five 50-minute sessions, to be used in 2 months or less
- 3-5 monthly support emails
- Telephone “mini-sessions” follow-up between appointments, or
- Scheduled Chat sessions as needed via [Google Chat](#) as needed
- **\$495 (Counselor Interns) or \$795 (Licensed Counselor)**

PURCHASING IN BULK

- **10-BLOCK:** Purchase 10 sessions in advance (coaching or counseling) and receive a 10% discount. This is essentially one full session for free.
- **5-BLOCK:** Purchase 5 sessions in advance and receive a 5% discount. You're getting half a session for free.

EMAIL FOLLOW-UP CAN BE USED SEVERAL WAYS

- **Journal:** Voice your thought process anytime, day or night. If you've just had a fight with your spouse, if you are yelling at your children, if you are unmotivated, tired, can't concentrate, or if you just need to vent, use your email journal to give your counselor / coach insight into your immediate thoughts. This type of feedback helps us help you!
- **Session:** Email can be used as a session, whereby you ask how to handle a situation or ask for a third-party perspective. We won't give advice or solve problems - that's not what we're here for! But we will give you input which may put a different "spin" on the situation. Coaching is about us helping you see what you don't see. In time, you'll be able to recognize these things on your own.
- **Clarification:** While in session, we'll give you lessons, thoughts, scenarios and feedback that, when you leave, may slip your mind. Clients often say, "I left your office with so much good information, but in the heat of the moment, I couldn't remember anything we talked about!" Use your email to get clarification -- we'll remember when you don't!

TELEPHONE OR VIDEO CHAT FOLLOW-UP CAN BE USED AS A "MINI-SESSION"

If you're a person that prefers to hear your support person live and in person, phone calls will be better for you. However, if your telephone call takes more than 10 minutes of your time, this isn't a "follow-up," this is a complete session. Use your telephone follow-up time for:

- Reassurance
- Support
- Encouragement
- Help building confidence