* 2 Hour Empowerment and Clarity Session $300
I’ll be in your corner for a one-time meeting, with a tailored plan of action & relative resources provided (post-meeting).

Get clarity around your goal(s) and know how to move forward.
Feel heard and empowered.
Move ahead in your goal(s) with self-assuredness.
Be able to recognize decisions aligned with your goal(s).

Lean into your intuition to recognize actions that can be taken immediately, and implement them.

* 1 Month of Mapping out the Magic $1,200
3–1.5 hour sessions with 1-15 minute phone check-in, tailored plans of action, relative resources, and homework.

Make decisions that align with your goals.
Start recognizing and leaning into your authenticity (the natural tendencies and preferences true to you).
Learn how to be more aware of what you want to receive, and what you want to remove.
Begin to recognize negative feelings as feedback from your intuition, and respect those feelings.
* 6 Months of Support, Love, & Guidance $12,000
3-1.5 hour sessions per month, 1-15 minute phone check-in per month, tailored plans of action, scalable goals, include a second party (in the last two months), my physical attendance of select hands-on activities (in the last two months).

Identify healthy connections and intentionally seek out and expand your “tribe”.
Make decisions and live authentically without seeking permission or validation from others.
Be able to recognize and implement opportunities easily and effectively.
Receive my support in hands-on experiences that speak to your goals and passions.
Have the opportunity to bring in a second person to sessions (to expand your support system, OR work through a situation).
Start implementing boundaries, and develop an “ask” mindset.
* 12 Months of Support, Love, & Guidance $20,000
Applying new habits and mindsets to several areas of your life
3-1.5 hour sessions per month, 1-15 minute phone check-in per month, structured plans of action to apply to all areas of your life, implementation of a second party (in the last 3 months), my physical attendance of select hands-on activities (in the last 3 months).

Observe patterns of behavior in different areas of your life and apply the learned techniques and new thinking to all of them.
Build a support system that honors your goals and needs, soliciting support and understanding without judgement.
Transform your decision making process from “fear-based” to “fear-less”.
Achieve deep levels of happiness, contentment, and peace in your daily life AND on a consistent basis.