

# Coaching Packages

## EMPOWERMENT ESSENTIALS

This foundational package is designed to help clients kickstart their journey towards self-discovery and empowerment. It includes an initial assessment, personalized goal setting, and bi-weekly coaching sessions to build a strong foundation for personal growth.

6 Zoom Sessions

- Weekly: Motivational Text

## TRANSFORMATION TRIUMPH

This comprehensive package is tailored for clients ready to make significant changes in their lives. It features weekly coaching sessions, a mid-point progress review, and advanced mindset techniques to ensure sustained personal development and resilience.

9 Zoom Sessions  
& 1 Office Visit

Plus!

- Weekly: Motivational Text
- Email Access
- Workbook
- 1 session with Business Coach Manuel Diotte

## PEAK PERFORMANCE MASTERY

This premium package is for those committed to reaching their highest potential. It includes access to exclusive resources, live events, and a personalized action plan to achieve and maintain peak performance in all areas of life.

12 Zoom Sessions  
& 2 Office Visits

Plus!

- Weekly: Motivational Text
- Email Access
- Workbook
- 3 sessions with Business Coach Manuel Diotte
- Rachel Porter Journal
- 2 Complimentary tickets to Live Events