

3 WAYS TO... work with me



1

1:1 Empowerment Life Coaching Session

This session involves a deep dive into consciously creating the life you desire so you can live healthy, happy and free! I will teach you powerful Life Coaching Tools, MindBody Soul Practices,

INVESTMENT: \$200 - 90 MIN

2

1:1 Hypnotherapy + Subconscious Rewiring

This session involves learning about the Mind/Body connection, and then a deep dive discovery of what it is you desire to shift or transform in your current life. You will receive a personalized Hypnotic Conditioning Recording to listen to after the session.

INVESTMENT: \$222 - 2 HOURS

3

Monthly Life Coaching Power Hour

These sessions are designed for those who have worked with me on a regular basis and wish to continue to receive monthly support, guidance, and accountability to help you continue living a balanced, healthy and joy filled life.

INVESTMENT: \$150 - 1 HOUR

MIND BODY SOUL EMPOWERMENT

With Be Day

I specialize in empowering women to live their Best Life
by teaching powerful truths and implementing life changing practices!

Personal Investment Pricing

Empowerment Life Coaching 1:1	90 minutes	200
Hypnotic Conditioning + Recording	2 Hours	222
Life Coaching Power Hour	60 minutes	150
Fitness Training or Fitness Training + Written Prescription	60 minutes 90 minutes	110 150

www.doloresday.com

941-302-0198 to Schedule Appointment

15 min Complimentary Consult