



# *Health and Life Coaching*

## **Services & Guide**




# Welcome

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## IT'S NICE TO MEET YOU

I am Coach Tam and I'm delighted that you're interested in the coaching services that I provide. This booklet will lay out all of the services and the pricing to help you make your decision about the type of services you'd like to sign up to.



Please feel free to browse through the sections of this booklet and choose the service you're interested in. We've laid out all of the tools, resources and exercises that we use to help you to make your decision, easy.


If you have any questions, I'm always available to help. You can drop me an email at [tamara@mourningcafe.com](mailto:tamara@mourningcafe.com) and I promise to reply within 24 hours.



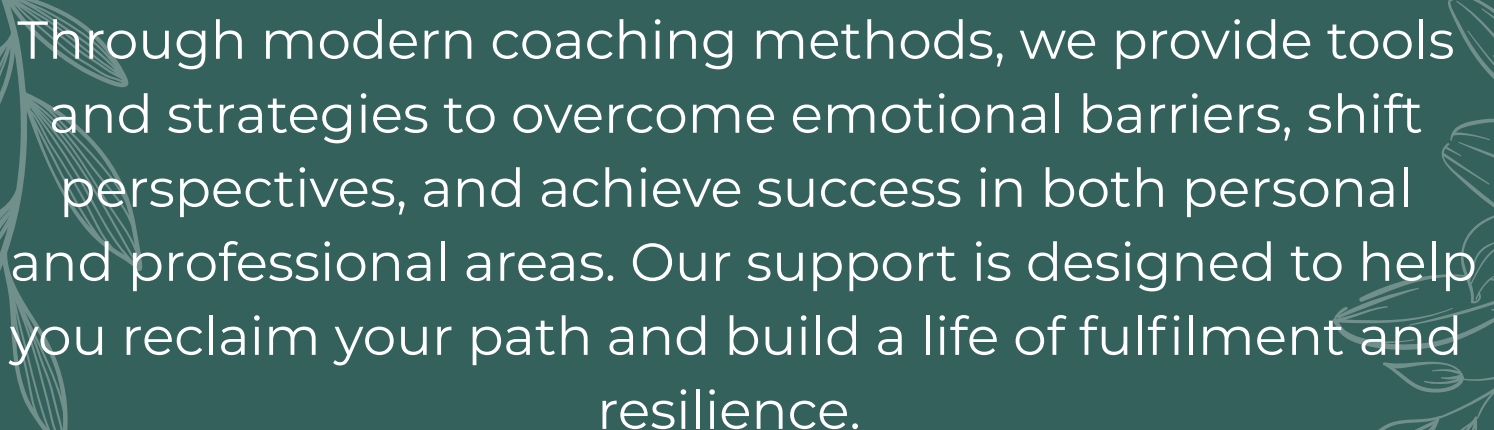


# About us

## WE ARE HERE TO HELP



At The Mourning Cafe, we specialize in helping individuals navigate grief and life transitions. As certified Life and Health Coaches, we empower clients to break free from limiting mindsets and embrace personal growth.



Through modern coaching methods, we provide tools and strategies to overcome emotional barriers, shift perspectives, and achieve success in both personal and professional areas. Our support is designed to help you reclaim your path and build a life of fulfillment and resilience.



# Mission & Values



At The Mourning Café, our mission is to inspire individuals to take control of their lives and well-being.

We believe that everyone deserves personalized coaching to guide them on their path to a healthier and more fulfilling lifestyle.



# *What to expect*



**Your Life Coach will work with you to create your personalized Life Coaching Plan. During this plan you can expect:**

- An initial 1 hour Get To Know You welcome call with your Life Coach.
- Six 1-hour face-to-face coaching sessions following the content set out in your goal planning.
- An all-access pass to curated resources and tools in the Members' Area
- A supportive Facebook community full of like-minded people



# *This is right for you if*



- Helping individuals navigate life's trials and tribulations with ease.
- Supporting goal-setting to create a clearer vision for your future.
- Guiding you toward feeling more satisfied, fulfilled, and content with your life.
- Assisting those who feel unsure or stuck on how to move forward.
- Providing personalized guidance and structured plans to set achievable goals.
- Fostering a mindset of success and resilience.
- Helping you embrace challenges and encouraging you to do the necessary work for growth.





# Service 1



## The full service and its benefits

We take a holistic approach to life transitions, health coaching, and overall wellbeing by focusing on the mind, body, and spirit. Our mission is to help you define personal goals and create a customized plan that aligns with your needs, empowering you to make lasting improvements in your life, mental health, and well-being.

Coaching services tailor-made for your individual needs and delivered by a specially-trained professional

Access to a supportive online network and community with workshops and support groups



# Service 2



## SUMMARY OF SERVICE

- Group coaching workshops
- Coaching support groups
- Online physical sessions and presentations




# *Service 3*




## **Our Programs**

- Love Me More: Support for overcoming self-criticism, self-doubt, and relationship challenges, fostering self kindness and compassion.
- Grief and Loss: Specializing in helping individuals navigate loss (death, breakup, divorce, etc.), offering guidance and emotional support.
- Self-Esteem Building: Empowering individuals to build emotional resilience, boost confidence, overcome imposter syndrome, and embrace their authentic selves for lasting change.



At The Mourning Café, we are here to support you through the toughest days, helping you shift your mindset and navigate life's transitions. We empower military personnel, veterans, and civilians to rediscover their voice and regain their footing, enabling a smooth and confident transition back into civilian life.



# *The Process*



**Email  
Tamara@mourningcafe.com**



**Book your 1-hour  
free consultation**



**Pick you program (Discovery Call)  
“Get to know you better”**



**Let's get to work!**





# Any Questions?



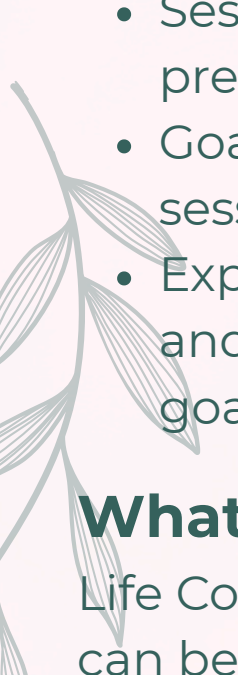
## **What is a Personal Life Coach?**

A Personal Life Coach is a qualified professional who supports, challenges, and motivates you to achieve your goals. They help you take action, overcome obstacles, identify strengths and weaknesses, and accelerate your progress toward your goals.

## **How does Life Coaching work?**


Life Coaching focuses on exactly what you want to achieve. With the aid of a coach who is committed to you and your goals, you'll be able to enjoy a much happier life. The Life Coach will keep you focussed and share their experience and expertise.

## **What happens during a coaching session?**

- Session Start: Review progress and success from the previous session.
  - Goal Setting: Establish a clear goal for the current session.
  - Exploration: Discuss what's worked, identify obstacles, and explore new techniques and options to achieve the goal.
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## **What happens during a coaching session?**

Life Coaching sessions last 45-60 minutes. These sessions can be arranged weekly or monthly; whatever suits you.





# *Our Pricing Guide*



We want you to be 100% satisfied with the coaching service you receive from us. That's why we've tailor made these packages and prices so you can be certain you're getting exactly what you need.



## **One-on-One Coaching Sessions**

- Single Session (60 min): \$150
- Single Session (90 min): \$225
- Coaching Package (4 x 60 min sessions): \$550  
(save \$50)

## **Coaching Programs**

**6-Week L.I.V.E. Healing Journey — \$795  
(save \$105)**

### **Includes:**

- 6 sessions (60 min each)
  - Personalized healing plan
  - Email support between sessions
  - Resources & exercises for continued progress
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# *Our Pricing Guide*





## **12-Week L.I.V.E. Transformation Program — \$1,495 (save \$305)**

### **Includes:**

- 12 sessions (60 min each)
- Personalized healing plan & goal setting
- Email/text support between sessions
- Exclusive resources, worksheets, and practices
- One complimentary 30-min check-in call after completion

## **Special Event Facilitation (Workshops / Groups)**

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- Short Event (1–2 hours): \$500 (up to 20 participants)
  - Additional participants: \$25/person
  - Half-Day Event (3–4 hours): \$1,200
  - Additional participants: \$40/person
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# Our Pricing Guide



## Speaking Engagements


- Local (Arizona area), up to 60 min: \$750
- Virtual (Zoom/Webinar), up to 60 min: \$600
- Half-Day Speaking + Workshop: \$1,500  
*(Travel costs additional for in-person events outside Arizona.)*

## Other Services

- Custom Meditation or Healing Script Recording: \$100
- Group Support Facilitation (Monthly Virtual Group): Free / Donation-Based
- Corporate Grief Wellness Program (Custom Proposal): Starting at \$2,500



## Discounts & Notes

- **Veteran & First Responder discounts available (10%)**
  - **Non-profit organizations: Inquire for reduced rates**
  - **Payment plans available for coaching packages**
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**Let's heal together.**  
**→ Schedule Your Free Consultation**



*Thank you!*

**Thank you so much for considering the services provided by The Mourning Café.**

**We can't wait to help you on your new coaching journey.**



## "Change is Inevitable: Let's Navigate It Together"

Change is one of the few constants in life. Sometimes it whispers, an unexpected shift in a friendship, a new job, or a subtle change in routine. Other times, it roars like a storm, grief after loss, divorce, retirement, or a sudden life transition.

Whether gentle or jarring, change is inevitable.

At The Mourning Café, we recognize how unsettling change can be. That's why our approach to healing is grounded in both compassion and structure, offering a path forward through our LIVE framework, a guiding light for life's most difficult moments.

### **The LIVE Framework:**

- L – Let Yourself Feel: Permit yourself to experience your emotions, without shame or resistance.
- I – Identify Support: Healing happens in a community. Whether it's a friend, a coach, or a support group, lean in.
- V – Value Your Journey: Every emotion, every setback, every breakthrough is part of your healing path.
- E – Embrace New Beginnings: Change can create space for something beautiful. It's okay to dream again.

This week, remind yourself: you dare to move through change, and the tools to do it with grace. Let's grieve out loud, heal out loud, and LIVE through it—together.

With love and light,  
Coach Tam 🧡  
Founder, The Mourning Cafe

**Email: [tamara@mourningcafe.com](mailto:tamara@mourningcafe.com)**  
**Visit us: [www.mourningcafe.com](http://www.mourningcafe.com)**





## Nurturing Your Healing Journey this Spring

As we embrace the spring season, it's the perfect time to nurture your healing journey with the LIVE framework:

### **L – Let Yourself Feel**

Spring encourages new growth, and so does your grief journey. Allow yourself the grace to feel all emotions without judgment. Emotions are the soil in which healing begins to bloom.

### **I – Identify Support**

Just as nature needs sunshine and water to thrive, so do you need support. Reach out to loved ones, join our community, and let the support you need nurture you toward healing.

### **V – Value Your Journey**

Each spring bloom is unique, and so is your healing process. Honor your individual journey, knowing that every step, no matter how small, is part of your personal growth.

### **E – Embrace New Beginnings**

Just as trees shed their old leaves to make way for fresh growth, spring invites you to release what no longer serves you. Embrace the opportunities for renewal and transformation in your healing journey.

Take time this week to tend to your heart, as you continue to nurture your soul in the spring of healing.

With love and light,  
Coach Tam   
Founder, The Mourning Cafe

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Visit us: [www.mourningcafe.com](http://www.mourningcafe.com)



Just as the trees gently let go of their old leaves to welcome fresh blooms, this season is whispering to your soul: it's time to release.

Whether it's a lingering emotion, a past version of yourself, or a belief that's been weighing you down—spring is nature's reminder that renewal is possible.

- **💛 Grief may change us, but it doesn't end our story.**

Take a deep breath. Ask yourself:

- ✨ What am I ready to let go of?
- ✨ What new beginning is calling my name?

You don't need to have it all figured out—just be open to the shift.

This week, give yourself permission to bloom where you are. One gentle step at a time.

With love and light,  
Coach Tam 💛  
Founder, The Mourning Café

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