Health and life Coaching



Transformative & Joyful of-Self-Disscovery

SERVICES & PRICING GUIDE





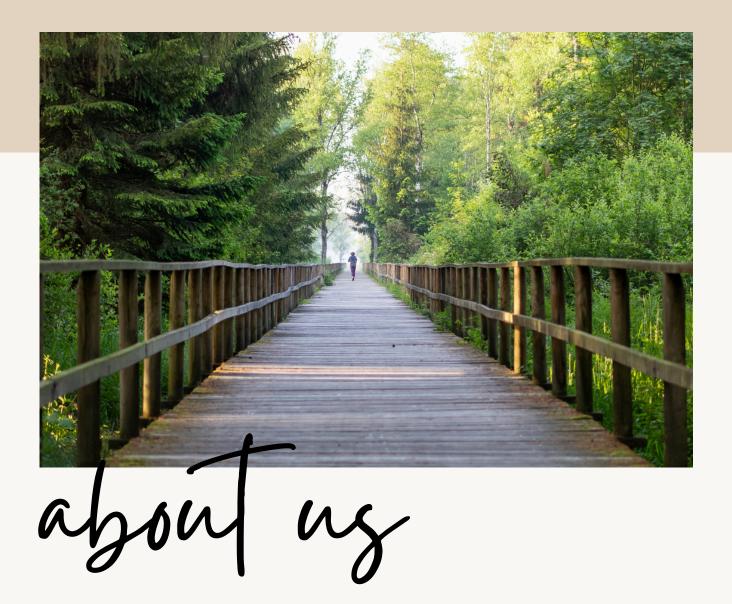
IT'S NICE TO MEET YOU

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 and I promise to reply within 24 hours.





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 Cafe, 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 I 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

WHAT YOU CAN EXPECT FROM US







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 #01



The full service and its benefits

We take a holistic approach to life transitions, health coaching, and overall well-being 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.

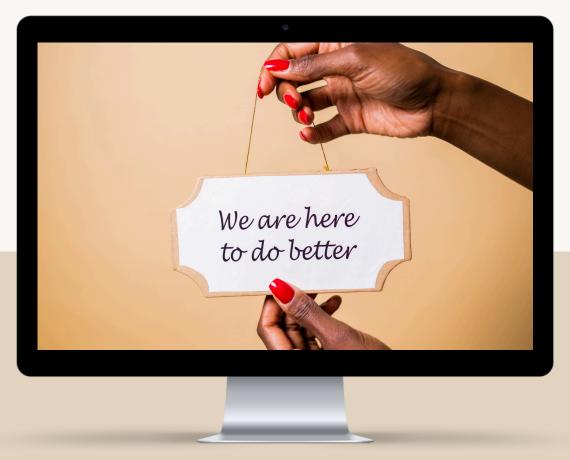


Coaching services tailor-made for your individual needs and delivered by a specially-trained professional



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

Service #02



SUMMARY OF SERVICE

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

TAMARA@MOURNINGCAFE.COM

Service #03

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 Cafe, 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.



Email:tamara@mourningcafe.com

Book your 1-hour free consultation

Pick your program
Discovery Call
Get to Know you better

Let's get to work!



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?

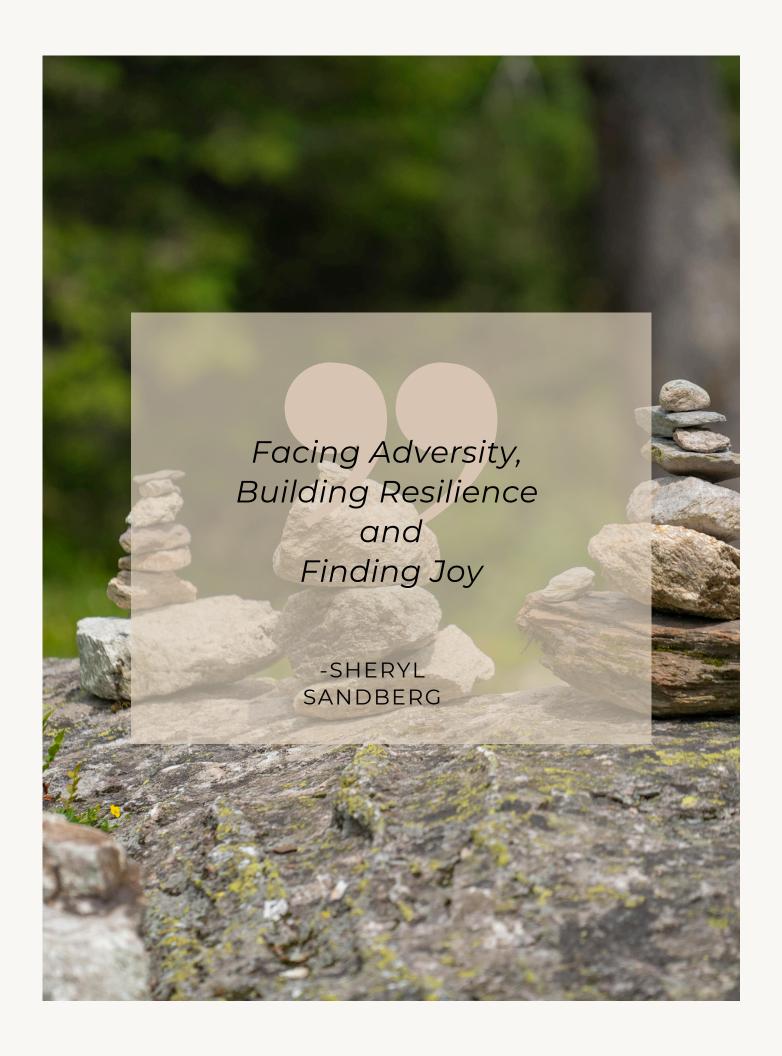
Life Coaching focuses on exactly what you want to achieve. With the aid of a coach who is committed to you and your goals, you'll be able to enjoy a much happier life. The Life Coach will keep you focussed and share their experience and expertise.

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.

How long are the coaching sessions?

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



One of the laws of change. As soon as you try something new, you'll get resistance.

-Michael Stanier

To those beautiful souls, thank you for letting me be apart of your true pathway to your best life, ever!

Go be great out there!

MAKE TODAY GREAT

TAMARA VANDERPOOL

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.

COACHING SESSION

ONE HOUR CLASS	\$130
HALF A DAY\$220	
WHOLE DAY\$	300
SPECIAL OCCASSION:	S\$250

COACHING PHYSICAL SESSION: COMING SOON!

ONE HOUR CLA	SSS
HALF A DAY	\$
WHOLE DAY	\$



our pricing guide

TWO ENROLLMENT OPTIONS:

OPTION 1

\$2500

One payment

PAY IN FULL

- 6-additional coaching sessions
- Free Tools and resources
- 3-physical training sessions

OPTION 2

\$625

Four payments

PAYMENT PLAN

- Easy payment plan
- 3 additional coaching sessions
- 1-physical training session

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.

If you'd like a bespoke service, please get in touch with our services team who will be happy to put a price together for you.



Thank you

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

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