

Bundles for Weekly Sessions

Bundles

Bundle Details	Casual Nerd <i>Start steady</i>	Dedicated Nerd <i>Build momentum</i>	Full-Time Nerd <i>All-in support</i>
Weekly 1:1 Sessions	1 session/week	2 sessions/week	3 sessions/week
Choose Your Focus	✓ Any service*	✓ Any mix of services*	✓ Flexible and fully tailored*
Session Length	50 mins	50 mins	50 mins
Support Materials	✓ Next Steps notes	✓ + Optional planning tools	✓ + Personalized task maps
Accountability Check-ins	–	✓ weekly short check-in	✓ 2 weekly short check-ins
Best For	Foundational strategies to develop habits	Strategies & accountability support to build habits and excel	Deep skill-building + accountability

✓ Notes

*Check-ins = quick text or email support for questions, encouragement, or reminders

*Does not include Neurospicy Learning Session