

## Empowerment Coaching Options

Choose the support style that fits how you think, process, and move forward.

Option	Best For	Format	Commitment	Investment
60-Minute Empowerment Text Session	Quick clarity Grounded support Decision-making	Live text	One session	\$89
60-Minute Phone Empowerment Intensive	Immediate verbal clarity Real-time conversation	Phone	One session	\$150
Written Empowerment Coaching	Reflective thinkers Written processing	Email/Text	4 weeks	\$299
6-Week Empowerment Coaching	Women ready to stop second-guessing and follow through with confidence	Phone	Weekly	\$750
2-Month Empowerment Coaching	Women seeking deeper clarity and sustained change	Phone	Weekly	\$825

All sessions are private, intentional, and focused on clarity, personal authority, and confident decision-making.

# **Session Descriptions**

## **60-Minute Empowerment Text Session**

A live, one-on-one written coaching session designed to help you cut through confusion, trust your judgment, and move forward with confidence.

## **60-Minute Phone Empowerment Intensive**

A focused phone session for women who process best through conversation and want immediate clarity and direction.

## **Written Empowerment Coaching**

Structured written coaching support over four weeks for reflective thinkers who want clarity without live calls.

## **6-Week Empowerment Coaching**

A short-term coaching experience for women ready to stop second-guessing and follow through with confidence.

## **2-Month Empowerment Coaching**

A high-touch, longer-term coaching experience for women who want deeper clarity, stronger personal authority, and lasting change with consistent weekly support.

# How to Choose the Right Option

Choose based on how you think, process, and move forward—not on what sounds best.

- If you want fast clarity → Choose a 60-minute session.
- If you like writing and reflection → Choose Written Coaching.
- If you want consistency and momentum → Choose the 6-week option.
- If you want the deepest level of support → Choose the 2-month experience.

You don't need to figure this out alone. Choose the option that feels supportive—not overwhelming.

**Book your session at [TraceyLifeCoach.com](https://TraceyLifeCoach.com)**

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