

ADINA THOMPSON COACHING

Services & Pricing Guide



ADINATHOMPSON.COM



Hello there!

Let me be the first to personally congratulate for taking a massive step forward in creating the life you were meant to live!

You'll see from what's included in this coaching experience that it is designed to deliver an extremely high level of accountability, loving support and the right system, so that you can make empowered decisions, and take bold action toward achieving your goals for your life, relationships, and health.

Welcome to the greatest journey of your life.

Welcome to Adina Thompson Coaching

Adina

Founder & CEO, Adina Thompson Coaching LLC



My Coaching Journey



My name is Adina Thompson. I am a master certified life & health coach, I spent many years as a holistic health practitioner, specializing in massage therapy and reiki, as well as herb and nutrition counseling.

In my search to help women overcome the mental and physical suffering, I made the decision to become a life and health coach. I really wanted to help them get deeper into the “why” behind their health problems. Hint: The Buddha really nailed when he said “What you think you become”. This set me on my journey to explore the mind and how our thoughts lay the foundation for what we get out of life- everything from our joys and our success, to our failures.

As holistic beings, we require a balance of mind, body, and spirit, and when there is a disconnect in one area, it will often spill over into other areas of life. As a coach, I work with women who are ready to change the way they think, in order to create massive change in all areas of life.

"Empowering women's health is not just nurturing the body, but igniting the soul and liberating the spirit within every woman."

• Adina

Why Work with Me

I know that when women are doing the work of creating lives they love through the lens of their own divine femininity, they heal themselves on a deep level. They begin loving themselves deeply, transform the way they live, and show up for themselves in a whole new way.

They change the way they raise children, and the way they relate to everyone around them, especially their significant other.

Women who see their own femininity as divine, create a better world just by being more of who they're meant to be.



How It Works

01 BOOK A CONSULTATION CALL
During this session we get really specific about what it is that you want, discover what your motivation is for having it now, and begin to lay framework for how to get there.

02 SIGN THE CONTRACT
You will receive a link via email to sign the contract. This contract will detail your role as my client, as well as my role as your coach, and what is expected throughout the relationship.

03 PAY YOUR INVESTMENT
Before the coaching sessions begin, a deposit must be made. This will be detailed in your contract. If you are paying in full, this will also be in the contract.

04 RECEIVE YOUR ACCESS
Schedule your first call! You will receive an email detailing how to schedule, and all the other access information you need to get your growth on!



COMMUNICATION

CONTACT DETAILS

916-296-2028
PO Box 293462
Sacramento CA 95829

OFFICE HOURS

See online booking schedule on my website listed below

WEBSITE

adinathompson.com

SOCIAL MEDIA

@adina_coaches on IG
@thetrueNorthproject1 on YouTube
Adina Thompson Coaching on FB



Body Bliss Blueprint Coaching Package

The Body Bliss Blueprint Empowers you to take control of your health journey with a holistic, sustainable approach that seamlessly fits into your lifestyle

3mo. 1/1 Exclusive weekly live coaching

[LET'S WORK TOGETHER](#)

SUMMARY:

- ✓ Achieve and maintain your ideal weight & improve overall health with your personalized blueprint
- ✓ Full support and accountability to help you understand and implement your blueprint
- ✓ Build self love & body positivity through exercises & practices that foster a positive self-image and self-care practices

TOTAL VALUE:

\$5900

YOUR INVESTMENT

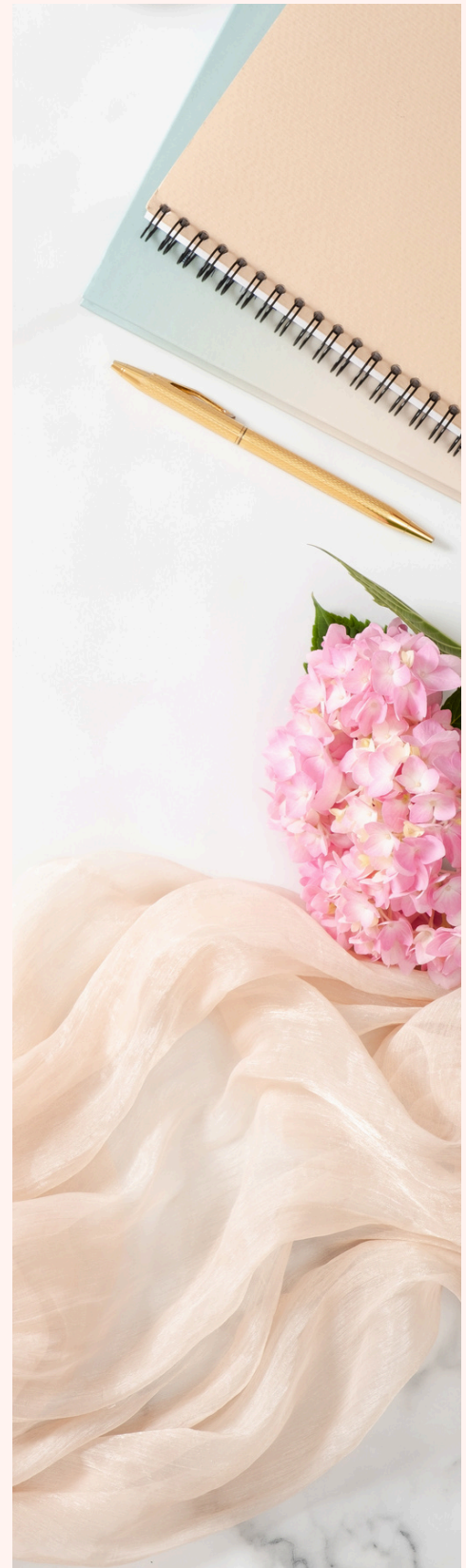
\$2500

What You'll Get

1 **1/1 Weekly Coaching**
Every week, for 3 months, we will spend 60 minutes coaching on your goals, issues that are coming up for you, and learning new tools to get you moving in the direction of your dreams.

2 **Total Support & Accountability**
You get unlimited email and text support between sessions.
Two urgent 1 minute calls for when you need support most in between sessions.

3 **Your Blueprint**
A wellness plan that is as unique as you are. It includes your best foods for becoming your healthiest self, your fitness plan, hormone health and more!





Bonuses



Bonuses include access to meditation recordings, coaching session recordings, Nutritional assessment and more.



Goddess Alchemy Coaching Package

6-12 mos. 1/1 Exclusive
weekly live coaching

LET'S WORK TOGETHER

SUMMARY:

- ✓ 6 or 12 months of private 1:1 coaching
- ✓ Build your own package and include any of my services.
- ✓ Side by side create a customized plan that is aligned with your goals & vision, to keep you moving forward.

Build a coaching package exactly how you want it. Add regular readings, energy healing and more to your package.

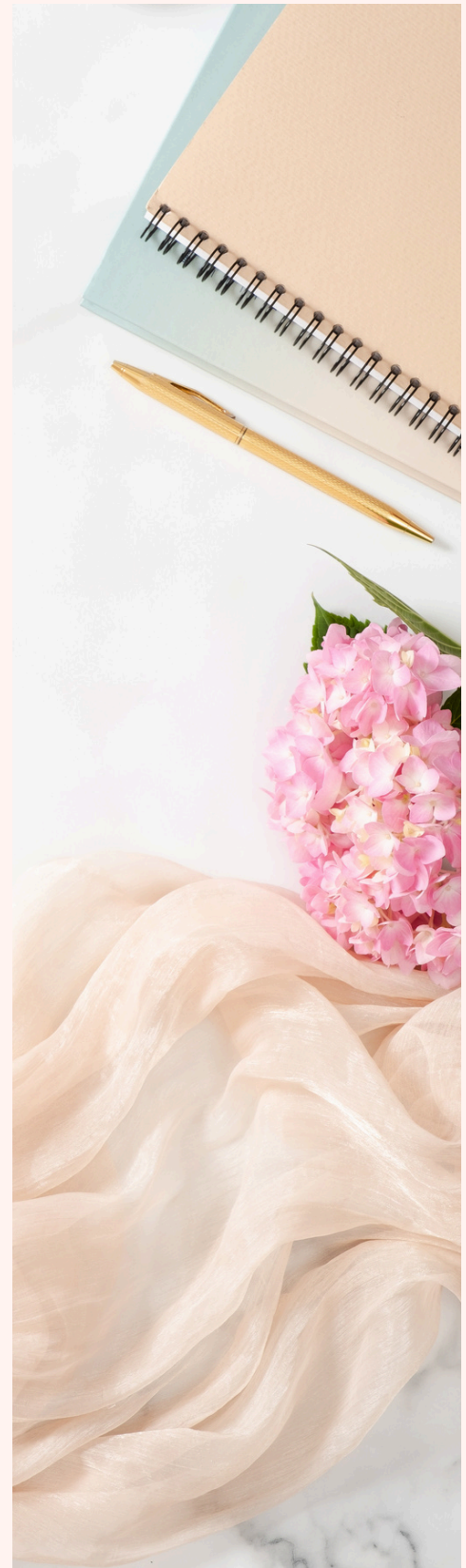
**YOUR INVESTMENT
STARTS AT
\$4500**

What You'll Get

1 **1/1 Weekly Coaching**
Every week, for 6 months or 12 months we will spend 60 minutes coaching on your goals, issues that are coming up for you, and learning new tools to get you moving in the direction of your dreams.

2 **Total Support & Accountability**
You get unlimited email and text support between sessions.
Two urgent 20 minute calls for when you need support most in between sessions.

3 **Deep-Dive Sessions**
Two 90 minute deep-dive sessions. These are created to get at the root of what is holding you back from what you desire. Must be scheduled separately from your weekly sessions





4

Lifestyle Assessments

These are included to help you get awareness around areas in your life that may need extra nurturing and care.

5

Welcome Gift

Each of these is unique! I customize a welcome gift for you, with some of my favorite tools and items, to help you feel amazing on your journey!



6

Bonuses

Bonuses include access to meditation recordings, coaching session recordings, Nutritional assessment and more.

7

Add-Ons

Add on any additional services from my menu. This can include regular readings, energy work, and more!

Additional Services



Reiki & Energy Work

I use a combination of Reiki, Crystal healing and Aura/Chakra clearing to balance your energy bodies. 60 min. distance sessions available. Price per session. Please indicate how many sessions on your application.

\$120

Tarot & Oracle Readings

Get intuitive insight & guidance with your higher self to navigate life's challenges. These are tailored to your journey offering insight, clarity, empowerment, and spiritual growth.

\$80/
hour

Goddess Retreat

Enjoy 3 days of healing, support, personal growth, surrounded by women sharing in your journey. Check calendar & email for upcoming events. Pricing varies between events.

\$TBD

Additional Services Continued



Your Blueprint	This is your Body Bliss Blueprint, without the coaching package. Your blueprint will include a consultation, in which we will discuss what your needs are & plan create your blueprint. Includes nutrition assessment.	\$450
Mindfulness & Meditation	These workshops are for group or individual sessions focused on mindfulness practices, meditation techniques, and stress reduction strategies to enhance mental and emotional well-being. Pricing is per session. Pricing for group sessions/personal sessions	\$45/ \$120
Nutrition Assessment	A comprehensive evaluation designed to understand your dietary habits & nutritional needs. Helps you identify areas in need of improvement to help you achieve optimum health through balanced nutrition.	\$220

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*This journey is about embracing
& embodying your true energetic nature.*

*It's time to step into your power,
and create the life you deserve.*

*It's time to unbecome what society has
pressured you into being, and re-become
who you were before you were told who you
"should" be. It's time to wake up to
your true self & honor your femininity*

-ADINA



FAQ's

How is coaching different from therapy or counseling?

The main difference is that therapists manage mental illness & dealing with the past, whereas coaches are more future & goal oriented.

What can I get coached on?

You can get coached on anything! The tools I use for coaching can be used for any problem that comes up.

What happens when you work with a coach?

You spend an allotted time each week with your coach, learning tools and how to apply them, and being coached through problems that arise.

Who is coaching for?

Because coaching tools can be used for any issue, coaching can be for anyone. But be aware that it is not meant to replace therapy.

Are there different kinds of coaching?

There are coaches who coach on every subject, from fertility & relationships, to money and weight loss.

FAQ's Continued

What is the Body Bliss Blueprint?

The Body Bliss Blueprint is tailored wellness plan that aligns with your health and weight goals. In your initial session (or only session should you choose to go without the ongoing support plan) we develop a comprehensive blueprint that addresses your unique needs. It encompasses nutrition, mindfulness, and lifestyle strategies for sustainable & joyful wellbeing

How can I prepare for my initial consultation or coaching sessions?

Make sure you have at least an hour that you can devote to the session, uninterrupted. Write down any questions or concerns that you want to address during your session. Take a few minutes after the session to process and take any additional notes

Will my blueprint accommodate any specific dietary restrictions?

Absolutely! Your plan is based on what your body needs to be at it's best, and we focus on foods that are built around not only on your likes, dislikes or restrictions, but also foods that make your plan sustainable.

GOT MORE QUESTIONS? [CONTACT ME](#)

Let's Get Started!

Now that you've made your decision and chosen any additional items to add to your coaching package, it's time to schedule your first sessions!

[SCHEDULE A CALL](#)

The first step on your new path has begun, and I can't wait to go through this journey with you!

Cheers to who you're becoming, and what you'll create!

XOXO

Adina



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www.adinathompson.com

