

John Emmett Life Coaching



Life Alignment Programs

Bronze – 3 Month Essential Alignment (€600)

€200 Per Month



Start Your Journey to Balance

- **6 Fortnightly 60-minute 1:1 coaching calls**
- Personalized road-map to guide your progress to help with accountability
- Access to 3 guided meditations for inner calm.
- Email support for quick questions
- 1 Mid-program review call
- **Total calls for 3 months -7**

Why Choose Bronze?

Perfect for those who want a solid foundation and gentle guidance without overwhelming commitment.

Silver – 3 Month Enhanced Alignment (€1,150)

€384 Per Month



Step Into Deeper Transformation

- **12 weekly 60–80 minute 1:1 coaching calls for more depth**
- Full life alignment assessment to uncover your true path
- Access to guided meditations for inner calm.
- 1 Functional Breathwork session
- Priority email/Whats App support
- 1 Mid-program review call
- Weekly reflection worksheets to keep you on track with accountability
- **Total Calls for 3 Months-14**

Why Choose Silver?

Ideal for those ready to invest in structured progress and consistent support.

Gold – Transformational Alignment (€1,550)

€516 Per Month



Your Life Being Reset

- **12 weekly 60–90 minute 1:1 coaching calls for maximum impact**
- Full life alignment assessment to uncover your true path
- Access to guided meditations for inner calm.
- 2 Functional Breathwork Sessions included
- 1 Mid-program review call
- Whats App support for real-time guidance
- 2 Extra Clarity Calls(60 mins each)
- Monthly progress reports
- Weekly reflection worksheets to keep you on track with accountability
- **Total Calls for 3 Months-17**

Custom action plan for lasting transformation

Why Choose Gold?

Designed for those committed to full transformation and high-touch support.

Flexible Monthly/Weekly Payment Plans

Available on all Programs

Monthly Check in calls

These sessions will be around 60-90 Minutes long and will be based on where you have been on your journey so far. These calls are priced at €125 or €100 if you have had done a 3 month program before with me.