

Which path is right for you?

Feature / Support Element	Rooted	Bloom	Thrive
Duration	4 weeks	12 weeks	6 months
1:1 Coaching Sessions	Yes – weekly	Yes – weekly	Yes – bi-weekly (75 min)
Personalized Growth Plan	✓ Top challenges	✓ Foundational roadmap	✓ Comprehensive roadmap
Video Lessons Access	Select	Weekly lessons	Full library
Workbook	Light journal prompts	Weekly workbook with reflective prompts	Biweekly workbook with reflective prompts and practical skills application
Written Follow-up After Sessions	—	✓ Next steps	✓ Session notes & next steps
Ongoing Text/Chat Support	—	✓	✓ Voice + text
Skill Integration / Ritual Sessions	—	—	✓ Quarterly
Closing Reflection & Renewal	—	✓ Reflection session	✓ Celebration session
Ideal For	Newer parents seeking stability	Parents ready to heal patterns	Parents ready to lead with calm confidence

If you're unsure which path fits you best, schedule a free [connection call](#).

Let's chat and find the right fit for your journey.

