

LEMONADE LIFE COACHING PROGRAMS AND PACKAGES

THE LEMONS: SURVIVING THE AFTERMATH

Overview:

This program is designed to help you overcome whatever setback, left turn, or loss you've experienced. The three pillars of this program are:

1. Debrief (what happened?)
2. Rebuild (what now?)
3. Rise (survive, adapt, overcome)

What's Included:

3 month signature program
Personal journal
Customized workbook
Personalized coaching tools
Weekly coaching sessions (12 total)
\$900



FROM LEMONS TO LEMONADE: FROM SURVIVING TO THRIVING

Overview:

This program is a continuation of the first and is designed to provide you with ongoing coaching and support to help you maintain the progress you've made and continue to strengthen your foundation.

What's Included:

3 month next steps program
Ongoing development and growth
Personalized coaching tools
Weekly coaching sessions (12 total)
\$900



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