



***Inspirational coaching and consulting geared to enhancing your G.R.I.T.***

**Initial Assessment and Consultation**

**\$250** (\$125 due before assessment and \$125 due before consultation - deducted from total balance at engagement of services)

*Full payments due before 1st session*

Go to **[www.sidneymoncrief.com](http://www.sidneymoncrief.com)** – **CLICK SHOP BUTTON** at the top of page

Then go to **Building the Best Me**, click PayPal button to make payment

**Individual G.R.I.T. Consultation**

**\$500/\$700/\$900 packages**

**\$125 Assessment – online**

**\$125 initial consultation - 45 minutes**

**(4), (8), or (12) 20 - minute follow-up sessions**

**depending on the package**

**Any day of the week - *Virtual or Call***

**Subscription G.R.I.T. Consultation with (2) Master Classes per month**

**\$125 Assessment – online**

**\$125 initial consultation - 45 minutes**

**\$100 per month – 2 Master Group Classes per  
month – 45 minutes**

***Virtual***

**Name** \_\_\_\_\_

**Mobile** \_\_\_\_\_

**Email** \_\_\_\_\_

**Prefer type of contact** \_\_\_\_\_

**Profession** \_\_\_\_\_

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