

# THE SACRED EXIT:

## Private 1:1 Coaching Program Overview

A spiritual life coaching program to guide you from burnout to breakthrough — and into the life your soul is ready for.



### The Gentle Exit (2 Months)

A soft, supportive starting point for women who are beginning to acknowledge that something is no longer aligned. This tier offers gentle guidance, clarity rituals, and emotional validation as you prepare your heart and energy to begin the sacred process of release. Ideal for those who are seeking a compassionate witness and a safe space to explore their next step.

### The Empowered Exit (4 Months)

A powerful commitment to your own liberation and healing. In this tier, we go deeper—clearing old patterns, rewriting soul contracts, and anchoring new beliefs and behaviors. You'll walk away with emotional strength, spiritual sovereignty, and the confidence to navigate your new reality from a place of alignment and inner authority.

### The Guided Exit (3 Months)

This tier provides a structured and spiritually grounded container to walk you through the emotional and energetic unraveling with support. You'll receive practical guidance, intuitive insight, and deep reflection tools to help you move through grief, guilt, or fear—so you can begin reclaiming your peace and power with grace.

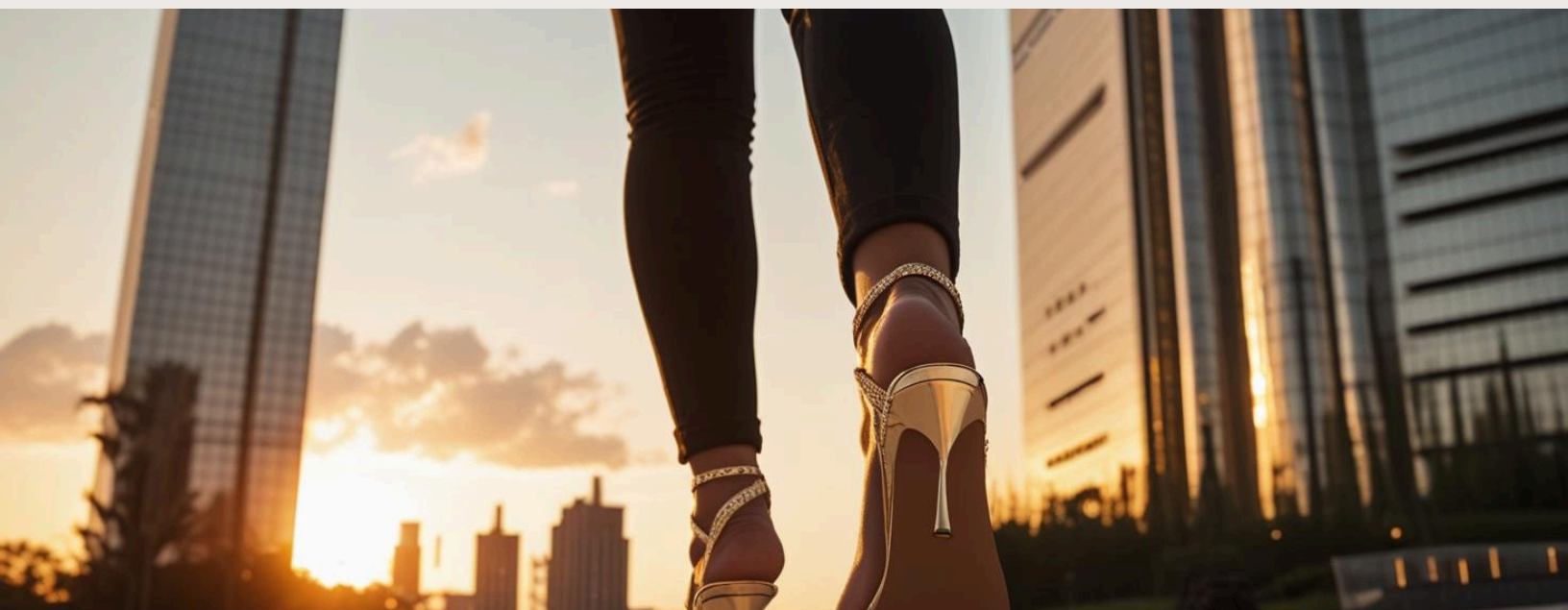
### The Sovereign Exit (6 Months)

This is for the woman ready to fully embody her rebirth. The Sovereign Exit offers the deepest level of transformation, integration, and sacred leadership. Together, we will move through the full arc of release, reclamation, and redefinition—so you emerge not just free, but spiritually fortified, self-led, and grounded in your divine truth.

# THE SACRED EXIT:

## Structure of Each Coaching Session

- ✓ Opening grounding practice (breathwork, check-in)
- ✓ Emotional + mindset reframing
- ✓ Integration support via workbook prompts
- ✓ Spiritual insight + coaching (based on stage/theme)
- ✓ Sacred assignment (ritual, reflection, or aligned action)



## Client Journey: 4 Phases of “The Sacred Exit”

Phase	Theme	Outcomes
Awakening Awareness	Get honest about where you are	Reconnect to your body, intuition and suppressed desires
Clearing & Unlearning	Release survival patterns + limiting beliefs	Free yourself from corporate conditioning, self-betrayal and fear
Spiritual Alignment	Reclaim your inner compass	Anchor into new values, purpose and intuitive clarity
Exit Embodiment	Design your transition with intention	Craft your soul-aligned exit plan with support and confidence

# THE SACRED EXIT:

## What You'll Experience

Over the course of 2, 3, 4 or 6 months, we'll work together to:

- 01 -

**HEAL EMOTIONAL RESIDUE FROM  
YOUR CURRENT OR PAST LIFE PATH**

- 02 -

**UNCOVER YOUR INTUITIVE TRUTH  
(AND TRUST IT AGAIN)**

- 03 -

**SET SOULFUL BOUNDARIES ROOTED IN  
CLARITY AND CONFIDENCE**

- 04 -

**REWIRE YOUR ENERGY FOR  
SELF-TRUST, NOT SURVIVAL**

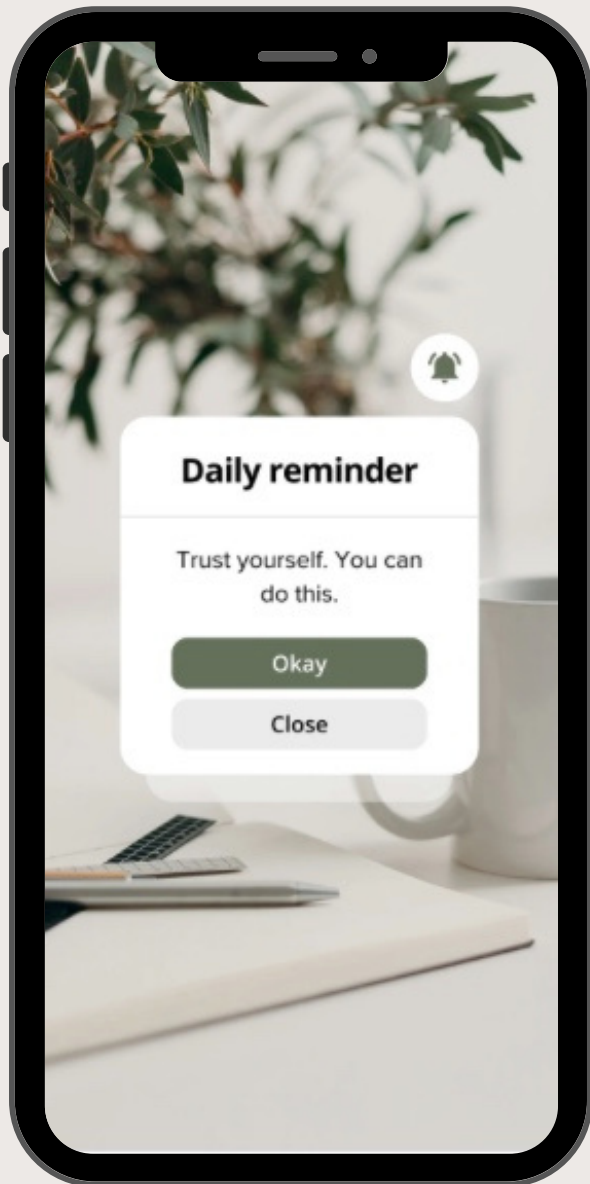
- 05 -

**BEGIN DESIGNING THE LIFE THAT FITS \*YOU\*  
— NOT JUST YOUR RESUME**

# THE SACRED EXIT:

## Bonus Support\*

\*(Included for 4- & 6-Month Clients)



### BONUS SUPPORT:

- Email access & Text for mid-session check-ins
- Custom Rituals & Guided Meditations
- A digital bonus: "The Exit Altar" — a printable sacred space guide

### WORKBOOK SUPPORT:

- Each client receives a \*\*digital workbook\*\* (or printed, if you choose to offer) including:
  - Reflective prompts
  - Sacred assignments
  - Monthly check-ins
  - Visualization & Integration space

#### What is The Sacred Exit?

A signature private coaching experience designed for high-functioning women who feel spiritually restless, emotionally exhausted, and ready to step out of survival mode.

If your soul is whispering "there has to be more than this," — "this is for you."

Through weekly coaching and custom support, you'll reconnect with your intuitive self, clear emotional residue, and begin mapping the new life you know you were meant to live — the one that honors your values, peace, purpose, and power.

# THE SACRED EXIT:

## Packages & Pricing

### The Gentle Exit (2 Months)

**PRICE: \$1,500.00**

**PER MONTH: \$750**

**PER WEEK: \$187.50**

### The Guided Exit (3 months)

**PRICE: \$2,222.00**

**PER MONTH: \$740**

**PER WEEK: \$185**

### The Empowered Exit (4 months)

**PRICE: \$3,333.00**

**PER MONTH: \$833**

**PER WEEK: \$208**

### The Sovereign Exit (6 months)

**PRICE: \$5,000.00**

**PER MONTH: \$834**

**PER WEEK: \$208**

WENDI BAY

Spiritual Coach



LET'S BEGIN

I only take a small number of private clients at a time.

If you feel the pull, trust it.

✉ Email: [wendi@wendibay.com](mailto:wendi@wendibay.com)

🔗 Book a free 15-minute Clarity Call: Text me @ 321.370.9006

🌐 Learn more: [www.wendibay.com/work-with-me](http://www.wendibay.com/work-with-me)

Wendi 