



**S.H.E.M.**

**Holistic Health & Wellness**

**Denise Jackson, Certified Holistic Health and Wellness Coach**  
**shem.mag@gmail.com**

**Coaching Service Pricing**

**Initial**

Meet and Greet Consult:

Rate: \$15 per 15 minutes/\$30 per 30 minutes/ \$55 per 45 minutes

**Follow-up**

Research and Recommendation:

Rate: \$15 per 15 minutes/\$30 per 30 minutes/ \$55 per 45 minutes

**Assessment Review**

Consult-Recommendation:

Rate: \$15 per 15 minutes/\$30 per 30 minutes/ \$55 per 45 minutes

**Payment Options (Preferred Method Zelle)**

**Zelle- jax8girls@gmail.com**

**Venmo- @shehasembracedme**

**PayPal- @Denisejackson5618**

**Cash App-\$Denisejaye**

**\*\*\*Payment Due Prior To Consultation\*\*\***

*Thank you for choosing SHEM Coaching Services. If you have any questions or concerns, please feel free to contact us at [240-350-6680] or [shem.mag@gmail.com]. We appreciate your business!*