

Take the first step to reclaim your power!

We offer two options to choose from, depending on the results you want.

3 month – Breakthrough Package

We will help you take inventory of your life, prioritize what's important and find direction.

\$1,200

** Recommended to recenter and find direction during a life transition.

INCLUDES:

- **6 / 45 minutes private coaching sessions**
- **Personalized guided visualizations/meditations**
- **Journaling inquiries and email support between sessions**

6 month – Transformative Package

We will turn insights into action! We will help you set goals and clear steps to create the life of your dreams! As a result you will also reshape your relationships.

\$2,200

** Recommended for a true transformation

INCLUDES:

- **12 / 45 minutes private coaching sessions**
- **Personalized guided visualizations/meditations**
- **Journaling inquiries and email support between sessions**

“Shadow work is an important part of our methodology, combined with spirituality, neuroscience and self-awareness practices. This is what differentiates us from other coaches and why we call it Integrated Coaching for Life!”

We hope to be part of your journey!

Lory & Erika