



ACHIEVE YOUR DEVINE GLOW

HEALTH COACHING FOR WOMEN

DEVINE GLOW IS A PERSONALIZED HEALTH COACHING PROGRAM DESIGNED SPECIFICALLY FOR WOMEN THROUGHOUT ALL STAGES OF LIFE WHO ARE READY TO TAKE CONTROL OF THEIR HEALTH, BOOST ENERGY, AND LOSE WEIGHT SUSTAINABLY. THROUGH COMPASSIONATE GUIDANCE AND TAILORED WELLNESS STRATEGIES, WE'LL WORK TOGETHER TO HELP YOU FEEL VIBRANT, BALANCED, AND CONFIDENT IN YOUR BODY AGAIN—WITHOUT EXTREME DIETS OR BURNOUT.

WHETHER YOU'RE NAVIGATING HORMONAL CHANGES, STRUGGLING WITH STUBBORN WEIGHT GAIN, OR SIMPLY WANT TO FEEL BETTER IN YOUR SKIN, DEVINE GLOW WILL EMPOWER YOU TO CREATE LASTING LIFESTYLE CHANGES.

CHOOSE YOUR PLAN

ONE ONLINE ZOOM SESSION

PERFECT FOR A QUICK TUNE-UP, ACCOUNTABILITY, OR TO EXPLORE IF COACHING IS RIGHT FOR YOU. BEFORE YOUR SESSIONS WE WILL CONNECT VIA EMAIL AND DISCUSS WHAT YOU WANT TO FOCUS ON OR WHAT YOU WOULD LIKE ME TO HELP YOU WITH. THIS COACHING OPTION ALLOWS FOR A COST EFFECTIVE MEANS TO PROVIDE YOU WITH A LARGE AMOUNT OF INFO IN A SMALL AMOUNT OF TIME TO ADDRESS YOUR SPECIFIC NEEDS AND QUESTIONS.

- 1 X 60-MINUTE ZOOM SESSION
- PERSONALIZED GUIDANCE AND FOLLOW-UP EMAIL

PRICE: \$75

SIX ONLINE ZOOM SESSIONS

GET THE SUPPORT YOU NEED TO MAKE REAL PROGRESS AND BUILD HEALTHY HABITS. BEFORE YOUR FIRST SESSION WE WILL CONNECT VIA EMAIL AND DISCUSS WHAT YOU WANT TO FOCUS ON OR WHAT YOU WOULD LIKE ME TO HELP YOU WITH. THIS COACHING OPTION ALLOWS YOU TO APPLY WHAT WE'VE DISCUSSED IN EACH SESSION TO YOUR LIFE AND BUILD UPON OR ADJUST ACCORDINGLY TO MAKE LASTING CHANGE AND ACHIEVE YOUR GOALS.

- 6 X 45-MINUTE WEEKLY ZOOM SESSIONS
- PERSONALIZED GUIDANCE, SUPPORT
- EMAIL SUPPORT BETWEEN SESSIONS

PRICE: \$420 (\$70/SESSION)

LET'S CREATE A HEALTH JOURNEY THAT HONORS YOUR LIFE, BODY, AND GOALS. EMAIL ME TODAY AT DEVINEDWELLINGLLC@GMAIL.COM