



Spence's True North

Edward J. Spence, D.A.A.N.T.S, BCMMHC, CMCPLC, TIC-C, CCISD

6835 Knowlesville Rd. Oakfield, NY 14125

Phone: (716) 560-0697

Website: www.spencestruenorth.com

Email: edspence@spencestruenorth.com



Coaching Packages & Pricing

25% off for Firefighters, Paramedics, Police, Nurses, and Doctors

Trauma-Informed Coaching (T.R.U.E. Method)

T.R.U.E. Foundations – \$995

5 sessions over 6 weeks for those beginning their healing journey.

- Journaling prompts
- Intro to somatic work & nervous system regulation
- Basic accountability tools

T.R.U.E. Essentials – \$4,800

12–16 week transformation using the full T.R.U.E. framework.

- 12 sessions
- Weekly journaling feedback
- Somatic + spiritual elements
- Messaging support

T.R.U.E. Premium – \$12,500

25-week deep trauma transformation program with highest access.

- 20–25 private sessions
- Daily journaling review + feedback
- Emergency support
- Spiritual integration (optional)
- Post-program follow-up



Spence's True North

Edward J. Spence, D.A.A.N.T.S, BCMMHC, CMCPLC, TIC-C, CCISD

6835 Knowlesville Rd. Oakfield, NY 14125

Phone: (716) 560-0697

Website: www.spencestruenorth.com

Email: edspence@spencestruenorth.com



Marriage Coaching

Reset & Reflect – \$495

3 sessions to identify communication patterns and pain points.

Rebuild Together – \$1,995

8 sessions with tools to rebuild trust, emotional connection, and communication.

Breakthrough Marriage Intensive – \$5,500

Comprehensive healing & coaching for long-term transformation.

Executive Leadership Coaching

Lead Grounded – \$750

3 private sessions for leaders looking to recenter and realign.

Lead with Clarity – \$3,200

8 tailored sessions to help mid-to-senior level leaders grow in clarity and confidence.

Executive Deep Dive – \$7,500–9,000

Premium coaching container for founders, executives, and senior leaders seeking strategic emotional growth and performance elevation.

Affirm, Stripe, Square, ACH (GoDaddy)

Please come see us and take that journey to a new authentic you!