

Coaching Packages and Pricing



COMPLIMENTARY EMPOWERMENT SESSION

Explore how coaching can support your journey. You will be emailed two worksheets focused on lifestyle and spirituality. We'll use those to discuss your current challenges, goals, and vision for the future, and I'll share how my coaching approach of incorporating introspection, intentionality, and devotion can help you create lasting change.

Value-Added Features:

- A personalized recommendation for the best package to meet your goals.
- A brief follow-up email summarizing key insights from our conversation, with 15 potential areas of development.
- Exclusive access to special discounts or bonuses if you sign up for a package within 14 days.

Ideal Client:

- Women curious about coaching but unsure if it's the right fit
- Potential clients seeking clarity on their goals and next steps
- Individuals who need a preview of your coaching style before committing to a package

Investment: Free

CLARITY COACHING CALL (SINGLE SESSION)

A one-time 60–90-minute coaching session designed to provide clarity, actionable insights, and a customized plan to help you tackle a specific challenge. This is perfect for clients seeking a quick boost of guidance or a taste of what life coaching offers.

Value-Added Features:

- Post-session action plan (PDF format).
- Follow-up, 30-minute virtual meeting within 7 days to check progress or answer questions.
- A recording of both virtual sessions for future reference.

Ideal Client:

- Women feeling stuck, overwhelmed, or at a crossroads
- Individuals needing quick clarity on a pressing issue (career, relationships, confidence, etc.)
- First-time coaching clients wanting a taste of life coaching before committing to a package
- Action-takers who need short-term guidance and an actionable plan

Investment (125.00)

- No Payment Plans Available

INTENTIONAL LIVING STARTER PACKAGE (SHORT-TERM PACKAGE, 4 WEEKS)

A 4-week focused coaching journey designed to address a specific area of your life. Together, we'll identify obstacles, set actionable goals, and create strategies to help you move forward intentionally.

Value-Added Features:

- Weekly 1-hour coaching calls.
- Email support between sessions (1-2 exchanges per week).
- Access to digital tools (goal trackers, journal prompts, or affirmations).
- One bonus 30-minute accountability check-in at the end of the program.

Ideal Client:

- Women looking to build structure and intentionality in their daily lives
- Those struggling with procrastination, lack of focus, or disorganization
- Individuals who need short-term accountability to kickstart a new habit or mindset shift
- Anyone seeking a reset to align their actions with their goals

Investment (350.00)

- Payment plans available over 1-2 months

EMPOWERMENT JOURNEY PROGRAM (MID-TERM PACKAGE, 3 MONTHS)

Over 3 months, we'll work to transform your mindset, habits, and routines. This program is ideal for women seeking long-term, intentional growth. You'll gain tools to cultivate confidence, embrace empowerment, and make progress in areas like career, relationships, or spiritual and personal development.

Value-Added Features:

- 12 weekly 1-hour sessions with curated action plans.
- Unlimited email support with a 24-hour response time for guidance and accountability.
- A customized workbook with exercises and resources tailored to your goals.
- Midpoint review call (30 minutes) to assess progress and pivot strategies if needed.
- End-of-program feedback session with a roadmap for the next steps.
- Personalized gift from Coach upon conclusion of program.
- Free entry into one CLOTHED event the year of your coaching package.

Ideal Client:

- Women committed to building confidence and sustainable habits
- Individuals navigating career transitions, self-doubt, or major life shifts
- Those seeking long-term mindset transformation rather than quick fixes
- Clients who want personalized coaching but with structure and flexibility

Investment (750.00)

- Payment plans available over 1-3 months

REBRAND MASTERY PROGRAM (LONG-TERM PACKAGE, 6 MONTHS)

This 6-month coaching program is for women ready to fully rebrand their lives. Together, we'll dive deep into self-discovery, goal setting, and creating a lifestyle that aligns with your values, vision, and purpose. If you're ready to fully commit to growth and transformation, this program is for you.

Value-Added Features:

- Free entry into all CLOTHED events for one year.
- Bi-weekly 90-minute sessions (12 sessions total).
- Access to unlimited text support (response time: 12 hours or less).
- Quarterly reviews with in-depth assessments and goal recalibration.
- A curated self-care package delivered mid-program and personalized gift upon conclusion.
- Access to an exclusive private event and community for clients.
- Final personalized "Empowerment Blueprint" summarizing insights, strategies, and next steps.

Ideal Client:

- Women ready for deep, lasting personal transformation
- High-achievers seeking to redefine their identity, purpose, and long-term goals
- Individuals looking for full life alignment—career, personal growth, relationships, and self-care
- Clients who need extended support, accountability, and a high-touch coaching experience

Investment (900.00 premium rate or 975.00 basic rate)

- Payment plans available over 3-6 months (premium rate)
- Payment plan also available over 12 months (basic rate)

EMPOWERMENT TRIAL COACHING (PRO BONO PACKAGE, 2 MONTHS)

This package is reserved for ONE client each year who may not currently have the means to invest in coaching but are committed to their personal growth. There is an application process for this package to help the Coach make the most informed choice for this opportunity. Upon selection, over eight weeks we'll work together to create actionable steps and cultivate the mindset needed to achieve your goals. In return, your Coach will only ask for honest feedback, a testimonial, or a referral to someone who could benefit from coaching.

Value-Added Features:

- Weekly 1-hour coaching sessions for eight weeks.
- Email support between sessions (1-2 exchanges per week).
- Midpoint Review phone call (30 minutes) to assess progress and pivot strategies if needed.
- One follow-up session within 30 days of completing the package to assess progress.
- Intention Roadmap listing next steps for sustainability upon completion of pro bono package.
- Free entry into one CLOTHED event the year of your pro bono package.

Ideal Client:

- Women who need coaching support but have financial constraints
- Passionate individuals eager to implement change with guidance
- Potential long-term clients who can refer others and grow with your brand

Investment:

- Application Process, Testimonial and Feedback, and Client Referral