



Soulistic Well-Being Services

Monthly Website Subscriptions: \$9.99/month

- The password to my latest devotional series for the month. Some of these have been published and would cost you \$5 a month with Your Bible app! (\$60 per year) The foundation to well-being is being firmly rooted in faith
- Customized handouts to enhance and guide your journey to a better you. These handouts will not be available unless you subscribe or do 1:1 health

coaching with me

- Monthly Challenges and tracking sheets to inspire you in each dimension of well-being
- Journal prompts to stimulate thought and introspection
- Inspirational emails and printable affirmations, reminders, and quotes
- 50% off your Initial Health Coaching Session for **12-month subscribers** - \$95 value is yours for \$47.50!

Motivational Phone Calls: \$10.00 These calls are a busy person's best friend. You'll be held accountable to your goals and get the quick support to keep you moving forward in your journey to your best self.

1:1 Health Coaching (New/Initial Client session) \$95.00 The initial health coaching session will be approximately 45 minutes. During this time, we will get to know each other, discuss your **Soulistic Well-Being Vision Map** and create a plan with realistic goals for moving forward.

In addition, supplemental materials such as handouts, assignments, tools, videos or TED talks will be emailed to you. A mid-session check-in to maintain accountability will also be made.

1:1 Life, Health & Wellness Coaching \$65.00 - The follow-up session and not intended for new clients. You'll receive a 30-minute telephonic coaching session. In addition, supplemental materials such as handouts or tools will be emailed to you. You will also receive a mid-session check in to maintain accountability.

Health Coaching 5 Session Package \$289.50 (10% off) Package includes: 5, 30-minute telephonic sessions. Sessions are not transferable.

In addition, supplemental materials such as handouts or tools will be emailed to you and you'll receive a mid-session check in to maintain accountability

Health Coaching 10 Session Package \$552.50 (15% off) 10, 30-minute telephonic sessions at a 15% discount. Sessions are not transferable. In addition, supplemental materials such as handouts or tools will be emailed to you and you'll receive a mid-session check in to maintain accountability.

Additional Services: Lunch 'n Learns, Wellness Consultation, Retreats, Art Sessions for Stress Reduction and Women's Events customized to your business needs. Prices vary based on length of presentation and materials.

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