

Welcome to my One-on-One Coaching Program!

Congratulations! Since you're reading this, you're clearly ready to make some real improvements to your health and wellness – and I'm super excited for you! As you know, **sustainable changes take time**. Sure, it's easy to start a new workout regimen, sleep schedule, or way of eating on day one. But with each passing day and week, life gets in the way, commitment wanes, and you wake up one day frustrated that you're right back where you started... or worse.

I've designed the timeframe of my one-on-one coaching program with exactly this in mind. **We'll work together for 12 weeks** to give you plenty of time to practice what we discuss, let it all gel in, work through bumps in the road as they come along, and experiment with different tactics to discover what ultimately works best for YOU.

I offer three different packages for you to choose from. All of them include the same extra goodies outside of our one-on-one sessions – the only difference is the frequency of our sessions and total cost. As you consider the options, I realize the expense is part of your decision. I can't determine for you what you can afford, but I can say definitively that **your health and wellness is always worth the investment!** And I am fully committed to offering you a valuable experience working with me. YOU are worth the investment of time, money, and sacrifices that are required to make real changes and to put yourself first. And when you experience the great joy of trimming your waistline, or boosting your energy, or getting peaceful sleep, or reducing your stress levels, or managing health conditions that have been wreaking havoc on your quality of life... **you will thank yourself profusely for investing in YOU!**

Self-care is NOT selfish. At the end of the day, we're each responsible for taking care of ourselves. And the healthier and more vital you feel, the more energy you have to help care for others. I won't bore you with the age-old "oxygen mask" analogy (put yours on first...), but it's so true with regard to self-care!

SCHEDULE AN INITIAL CONSULTATION:

If you're still on the fence or wondering which package is right for you, *let's chat!* **I offer an initial consultation to give us the chance to get acquainted**, for you to ask any questions, and for me to hear about your healthy goals and let you know how I can help. This \$55 consultation is a 30-minute video chat with no obligation to purchase a package. If you do choose to move forward, **the consultation fee will be applied to the package of your choice.**

Check out the package details below!

Let's unleash your Happiest, Healthiest YOU!

What's Included in All Packages:

- **Our valuable time together:** Our initial 60-minute one-on-one video chat, followed by a series of 45-minute sessions over 3 months (specific schedule depends on the package you choose) – we dive deep into your personal goals so you can start making healthy changes right away and keep making progress, tweaking as we go to ensure you get the most you possibly can out of our work together.
- **Practice, practice, practice:** Customized “homework” for you to complete between sessions to move forward on your goals – together we’ll decide what you’ll work on, and I’ll hold you accountable.
- **Celebrating + troubleshooting:** Discussion of and feedback on your “homework” at each session – we’ll celebrate your wins and troubleshoot your obstacles.
- **On-the-go support:** Email support between sessions – sometimes you just can’t wait til the next session to share a victory or ask a quick question.
- **Continuing education:** Additional resources customized for your needs and goals – there’s no “one size fits all” here, so we’ll zero in on what you need most.

CHOOSE YOUR PACKAGE:

“Dive Right In”

Total of 12 sessions: Weekly sessions for 12 weeks

“Let’s Go Swimming”

Total of 9 sessions: Weekly sessions for first 6 weeks, plus 3 additional sessions every other week

“Dip a Toe In”

Total of 6 sessions: Sessions held every other week for 3 months

Questions? Ready to get started?

Contact me at christine@happiesthealthiestYOU.com

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