

HEALTH COACHING SERVICES AND PACKAGES

Program Agreement

Individual Non-Package Services

Introductory Session – Meet with me for a FREE Q&A opportunity to assess if Health Coaching is a service that you are ready to explore the benefits of.

Hourly Rate \$50 – If you would like to proceed on an “as needed” basis

Kitchen Cleanout \$75 – An in-home session for up to two hours of personalized attention to the heart of your home, where great health begins. Please be advised, it will be suggested that some food items be donated or thrown out.

Grocery Store Tour \$75 – Wouldn't it be great to view your monotonous weekly grocery store trip as a conquest instead of a hassle? With direction and clarification of products that you'll get while we tackle your neighborhood grocery store, future trips will be an enjoyable adventure.

Individual Package Services

Package 1 Heart of the Home \$125

Schedule a Kitchen Cleanout and Grocery Store Tour within two weeks of each other at a discounted rate when not attached to any other package.

Package 2 Kick Start Your Health \$125 (2 sessions)

Condensed coaching over the span of two weeks intended as an assessment or kick-start to your health goals. Use this opportunity to either infuse new ideas into your healthy lifestyle or act as an eye opener to the positive changes that can lead to optimal health.

Package 3 Compact Journey \$350 (6 sessions)

Intended for those who are willing to put forth the effort but have a limited budget or are in need of meeting a goal in a short amount of time. This package will include coaching over approximately six week period of time as well as the in-depth Kitchen Cleanout and Grocery Store Tour which will give you the confidence of knowledge to move you in a positive direction long-term.

Package 4 Confidence in Commitment \$575 (12 sessions)

This Package is not intended for the light-hearted. This package is for those who are ready to conquer their health but know that it isn't going to happen overnight. Positive health choices take time to become a habit of your lifestyle. This is the package to implement that very concept. Approximately twelve weeks of one-on-one coaching that includes bi-weekly meetings, the Kitchen Cleanout and Grocery Store Tour as well as special incentive gifts for goals met and exceeded. This is the push you need for a true health lifestyle overhaul.

Non-Individual Rates

The previously stated prices are based on coaching an individual. Packages purchased with the intent of couples or family coaching is priced as follows:

Package 2 – \$187.50

Package 3 – \$525

Package 4 – \$850

Definition of Coaching

Coaching: a partnership (defined as an alliance, not a legal business partnership) between the Coach and the Client in a thought-provoking and creative process that inspires the client to maximize personal and professional potential.

Responsibilities

My responsibility as a coach is to guide, educate, mentor and cheer you on in your experience of discovering your best health. Within my scope of practice, I will assist you in whatever challenges, setbacks, baby steps, leaps and bounds that may occur with your process.

Your responsibilities as a client include being aware and open to new experiences choices and habits; taking control of your own physical, mental and emotional well-being, as well as decisions, choices and actions; realizing positive change takes time and dedication to become a habit; and most importantly, understanding that honesty and open communication is an absolute necessity for our coaching relationship to flourish.

Confidentiality

All information (documented or verbal) will be kept confidential, unless otherwise required by a court order.

Location

Sessions may take place at the coach's residence, client's residence or at an agreed upon public location. In the event the session takes place on location, the client is responsible for all costs associated with the session unless otherwise stated by the coach. Example: if a meeting is taking place at a coffee shop, the client is responsible for any food or drink purchased.

Time/ Schedule

All sessions will be scheduled at the time the Program Agreement is signed. If for some reason a session needs to be cancelled or rescheduled, a **24 hour notice** is required or that session will be forfeited without refund. If the client is tardy to the session, that time lost is forfeited. The six session package shall be completed within 10 weeks. The 12-session package shall be completed within 20 weeks.

Payment

The client agrees to pay the full amount due for the service or services highlighted above. The full amount will be paid prior to the beginning of the first session. Services may be paid by methods of cash, check made payable to **Achievable Health**, or by credit card. Visa and Mastercard are accepted.

*** All services must be paid in advance. No refunds given under any circumstance.**

If client is under 18 years of age, a parent or legal guardian must sign waiver.

Client _____ Date _____

Health Coach _____ Date _____