

## One-On-Coaching Options

**No Cost / No Obligation Consultation:** Is coaching a good fit for you? Find out by scheduling a **No Cost / No Obligation Consultation**, a 30-45 minute session done via phone or online. You'll talk about why you reached out to me. I'll share ideas and tools with you. At the end of the conversation, *if it feels right to both of us*, we'll talk about a coaching relationship. Or not. You'll leave with things you can use; I'll have enjoyed the chance to get to know you.

**All coaching is done on phone or online. Book your consult now!**



### *Where Am I Now?* Discovery Consultation

Quick, easy, no-stress reality check of where you are now and what you want for the future. Complete two easy assessments for review during the consult. Includes:

- (1) 90-minute phone session
- Life Balance Assessment
- Personal Values Exploration including guided visualization audio
- Identify Current Priorities
- Written Goal Setting worksheet

**Cost \$250**

### *What Matters to Me?* Coaching Package

Foundational 3-week package designed to highlight things that matter most to you individually. Assessments and small action steps first two weeks. Final week prioritizes efforts and future plans. Includes:

- (3) 45-minute phone sessions
- Life Balance Assessment
- Personal Values Exploration including guided visualization audio
- Create personal vision for future
- Identify Current Priorities
- Written Goal Setting process and worksheet
- Choose steps and take action
- Learn and practice simple easy to use tools

**Cost \$395**

### *What's Next For My Life?* 90-Day Coaching Pkg

Choose what is next for your life based on a solid foundation of confidence and self-awareness. Learn to maximize your strengths and step out of your comfort zone for the sake of living your best life now. Includes:

- (6) or (9) 45-minute phone sessions
- Life Balance Assessment
- Personal Values Exploration including guided visualization audio
- Develop personal vision board
- Identify Current Priorities
- Take action
- Become adept in using multiple coaching tools
- Create personal support structure
- 10% discount for products, workshops, or events
- Limited email and phone support outside of sessions

**Cost \$300 - \$420 mo. / \$900 - \$1250**

### *Live What Matters Now!* 6-Month Coaching Pkg

Change your life by fully living what matters most to you now. Become adept at managing your energy, navigating change, and driving your life. Build resilience and sustainability. Includes:

- (12) or (18) 45-minute phone sessions
- Life Balance Assessment
- Personal Values Exploration
- Develop and expand vision board
- Identify current priorities
- Take action
- Become adept in using multiple coaching tools
- Create personal support structure
- 10% discount for products, workshops, or events
- Fastest access to email and phone support outside of sessions
- Access to special products and packages

**Cost \$1700 - \$2400**

**Schedule your No Cost / No Obligation Consult NOW!**

Call 954-663-7834 or email [Paula@WhatsNextForMyLife.com](mailto:Paula@WhatsNextForMyLife.com)