

## Session



### How much will it cost to reach my goals?

Choose between the following packages depending on your needs. If you are still not sure, send me an email and we can find the best solution for you together.

I have three packages:

	<i>Coaching Packages</i>	<i>Core Level Package</i>	<i>Premium Package</i>
Type of coaching	E-Coaching	One to one	One to one
Report once a week on progress via email	✓	✗	✗
Email access during coaching	✓	✓	✓
Content in PDF to refer to later	✓	✓	✓
Sessions/month	<b>"Weekly Emails"</b>	<b>3</b>	<b>4</b>
30minute follow up session after coaching has finished	✗	✗	✓
Email access for 1 month after coaching has finished	✗	✗	✓
	(your investment <b>€120 / \$155 / £100</b> a month)	(investment of <b>€200 / \$260 / £160</b> a month)	(investment of <b>€290 / \$370 / £240</b> a month)
	 	 	 

And remember, coaching programs have achieved between **500 and 700% return** on investment.

Each option allows you to get the motivation and support that you need to begin your journey to success and happiness.

Ask yourself, what is it costing me not to change, to continue as I am?

Learning to be more productive, to have more time to do what you want, tools and techniques to succeed and achieve your goals, overcoming your obstacles and creating a mindset geared for success....this is something you cannot afford **not** to do!