

Moxy Life

Coaching Programs

SINGLE SESSION

MOXY JUMP-START \$200

The Moxy Jump-Start is an exciting one-time two-hour coaching session designed for women who are tired of letting life just “happen to them.” Take life by the horns! Discover and harness your passions, strengths, and inner spark and put them to practical use. During this session you will be coached through the process of identifying your personal Cycles of Self-Destruction and Self-Construction so that you can begin to live your most effective and powerful life *daily*.

PROGRAMS

Program fees may be paid in scheduled monthly payments. Fees paid in full receive a 10% discount.

PREMIUM \$1,600 (\$400/month)

Do you yearn to make a difference in the world but feel frozen by fear and self-doubt when it comes time to take action? You're not alone. Making the leap of faith in the face of fear and apprehension takes courage, inner strength, and boldness. The Premium Coaching Program is for women who are ready to do what it takes to achieve personal transformation for the sake of something much larger than themselves. Overcome the fears, old habits, and limiting beliefs that hold you back from achieving what you most want. Are you ready to fully discover and claim your passions and purpose in the world? If so, this program is for you.

- Four month program
- Twelve 60-minute coaching sessions
- Daily phone check-ins, as needed: 5-15 min. each
- Four in-person check-ins over: lunch, coffee, walk in the park, etc. (client's choice)
- Unlimited email support

STANDARD \$1,200 (\$300/month)

Overwhelmed and stressed out about you name it – kids, money, health, and marriage? Too much to do and not enough time to do it in? The Standard Coaching Program is for women who constantly give themselves to others, taking care of “everyone else's” needs, and are now also ready to take care of THEIR OWN! Give the gift of time, love, and energy back to yourself. Stop neglecting your own needs, wants, and dreams. Discover your strengths and learn more about who you are and what you *really* want out of life.

- Four month program
- Twelve 40-minute coaching sessions
- Two phone check-ins per week, as needed: 5-15 min. each
- Two in-person check-ins over: lunch, coffee, walk in the park, etc. (client's choice)
- Unlimited email support

BASIC \$800 (\$200/month)

Feeling stuck in the same old habits and patterns? Ready to put some moxy back in your life? The Basic Coaching Program is for women who want to create a new routine. Get ready to improve your relationships, revive your passions, and balance work with play!

- Four month program
- Ten 30-minute coaching sessions
- One phone check-in per week, as needed: 5-15 min.
- One in-person check-in over: lunch, coffee, walk in the park, etc. (client's choice)
- Unlimited email support

FOUNDATION SESSION \$200

The Foundation Session is a prerequisite for all Moxy Life Coaching Programs (except for the Moxy Jump-Start, which stands alone). The Foundation Session is a two-hour, in-depth discovery coaching session, designed to assess the client's current status, discuss how the client and coach can work together most effectively, and clarify what the client wants to achieve through their coaching program. This session will launch the coach and client into the coaching process at an accelerated pace.