

PROFESSIONAL LIFE COACHING SERVICES & PRICING 2019

Programs designed for the high-achieving woman ready to find balance, ease and sustainable success.

Coaching is a means of maximizing your personal and professional potential. We will find the blocks preventing you from reaching and sustaining your full potential in all areas of your life.

Life coaching is not a quick fix or one-time solution, but rather an entire rewiring of your current mindset and belief systems.

Below you will find different coaching programs and what to expect from each:

TRANSITION NOW: 3 MONTH COACHING PROGRAM

The perfect program for anyone curious about professional life coaching and ready to finally start breaking through old patterns. You'll receive:

- 60 Minute coaching sessions held weekly
- (3) Intuitive readings
- A recap guide sheet after each coaching session
- Unlimited email and messenger support
- Journaling prompts
- Private Facebook group with additional opportunities for guidance
- Personalized meditation guidance
- Life Balance guide sheet
- Reading references to expand your experience

Investment: \$2,997

THE TRANSITIONED LIFE: 6 MONTH COACHING PROGRAM

This program is designed for someone who is serious about making major life transitions, or is a perfect continuation of the Transition Now program. You'll receive:

- Everything from the Transition Now program plus...
- A 90 minute Transformation Intensive session to include an intuitive reading, mindset breakers and meditation

Investment: \$5,000



BENEFITS OF WORKING WITH A LIFE COACH:

- Major mindset shifts
- Release resistance of past beliefs
- Deeper clarity
- Positive mental attitude
- Deeper self-confidence
- Higher levels of motivation
- Overcome depressed thoughts
- Overall sense of wellbeing



Ready to book a complimentary session to see if you could benefit from professional life coaching?

Email Karen today at kmalone@malonecb.com