

## Services

Initial Consult: An introduction to discuss the “purpose” of coaching, clients motivation towards coaching and determine if I am the right coach for you.  
Offered at \$30 (45 minutes)

ReDiscoverU Package: Three coaching sessions designed to discover and realign towards goals, purpose and mindful forward movement.  
Offered at \$185 (1 hour/session x 3)

Couples ReAlignment: Three coaching sessions designed to reconnect and establish collective goals and improve mindful communication  
Offered at \$265 (1hour/session x 3)

### Additional Services:

Guided Meditation: Mindful Meditation designed for awareness and discovery  
Offered at \$60 (1 hour session) or \$50 per session if added to a current package

Extended Session: \$25 per 30 minute extension

Peer Recovery Support: Consult Required, fee discussed during appointment

## Appointments

602.880.0671

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