

Power Coaching

Power coaching is our newest form of coaching that maximizes your valuable time as well as your budget to create forward movement in your thinking and life from the moment you begin.

How does it work?

Power coaching sessions are around 20 minutes each and take place weekly over the phone.

What do I work on?

Power coaching is designed for you to focus in on one specific area of your life where you feel stuck and need to get unstuck as quickly as possible. Each session will focus on one aspect of the area you are stuck in and one step you can take in the coming week to create movement out of the stuck place.

How much does it cost?

To begin power coaching, you will invest in a power coaching package of your choice. Once you have completed either a power coaching package or one of our other personal coaching packages, you can continue power coaching sessions at the monthly rate of \$100/month, which includes 4 power coaching sessions plus email.

What are your power coaching packages?

Platinum: This package includes 6 months of power coaching, which is 24 power coaching sessions plus unlimited email. This package is designed for the person who is feeling stalled out in life overall and doesn't know exactly where to begin to get unstuck.

Package value: \$500

Your investment: \$399, or three installments of \$133

Gold: This package includes 3 months of power coaching, which is 12 power coaching sessions plus unlimited email and is designed for the person who has a specific area they want to focus on for getting unstuck, such as changing careers, practicing forgiveness for a broken relationship, setting up a more balanced lifestyle, or achieving a goal.

Package value: \$300

Your investment: \$250, or two installments of \$125

To begin your power coaching experience, email Jill at holisticfamilycoaching@gmail.com or call 651-414-0687.