

SPARK COACHING PACKAGE

Highly Personalized, 1:1 Coaching Experience

This package is designed for women like you who are tired of feeling stuck, stretched thin, stressed and unsure what they really want, because they've spent too long trying to be everything to everyone.

You're high-functioning but running on fumes. You've got big dreams, but you're too busy to chase them. You want your spark back. You're craving clarity, confidence, and energy to focus on your mental and physical health. You want to find your purpose.

WHAT WE'LL WORK ON TOGETHER:

- **Energy Recovery:** Identify what's draining you (emotionally, mentally, and physically) and build habits that restore your spark and strengthen your resilience.
- **People-Pleasing Detox:** Learn how to stop over-giving and start honoring your own needs—without the guilt.
- **Confidence Cultivation:** Let go of self-doubt and imposter thoughts. Learn to trust yourself, speak up, and show up with boldness—even when things feel uncomfortable or uncertain.
- **Boundary Bootcamp:** Set strong boundaries that protect your energy and your peace.
- **Rediscovering You:** Uncover your core values, passions, and what lights you up inside.
- **Emotional Reclaiming:** Learn how to stop letting other people's moods, actions, or expectations define your worth or your day.
- **Aligned Action Planning:** Get clear on your goals (whatever they may be) and create a doable roadmap to get there.

SPARK COACHING PACKAGE

~~\$2999~~

\$1800

(\$600/month)

3-Month Package^{*}

- **12 Private 1:1 Coaching Sessions:** Four (4) 60-min sessions per month
- **Personalized Action Plans & Homework** after every session
- **Text & Email Support** between sessions for real-time accountability
- **Resources** to help you better understand yourself, your mindset and the habits holding you back (PDFs, tools, videos, and worksheets).

~~\$5999~~

\$3000

(\$500/month)

6-Month Package^{*}

- **12 Private 1:1 Coaching Sessions:** Four (4) 60-min sessions per month
- **FREE ENERGY ASSESSMENT**
- **Personalized Action Plans & Homework** after every session
- **Text & Email Support** between sessions for real-time accountability
- **Resources** to help you better understand yourself, your mindset and the habits holding you back (PDFs, tools, videos, and worksheets).

** month to month after the first three months - 30 days notice to cancel*

2-DAY WORKSHOP

~~\$500~~

\$299

Find Your Spark Workshop

Feeling stuck, burnt out, or unsure what's next?

These **two immersive half days** are designed to help women reconnect with their purpose, reset their mindset, and get back into alignment with who they really are. Through guided coaching, vision work, and practical tools, you'll clarify what matters most, break through limiting beliefs, and create a simple action plan to move forward with confidence.

Come as you are — leave with renewed energy, direction, and a plan that actually fits your life.

You don't need to overhaul everything.

You just need to find your spark.

Small Group Format

8-10 People