

1. THE JOURNEY BEGINS - Worrier to Warrior

6 weeks | Weekly 1hr. Calls - texts, and phone calls as necessary

Ideal Person(s):

The individual is ready and willing to make the initial jump into creating the life that they truly seek and want. Someone who is ready to dip their toes in the waters of change.

- The person who is ready for a lifestyle shift by taking steps in being held accountable by a coach.
- An overstressed, imbalanced, and uninspired healer, parent, and or leader of an organization or business.
- The individual who needs basic guidance in getting help in the best direction for what they really want to experience in life.

Process

A powerful and introductory level coaching experience. We begin to peel back the initial layers of personal change and gain awareness of what is most important and needed to make a breakthrough.

What we work on:

- **Personal Story** - What is the current state of your life? What's working and not working?
- **Beliefs** - We explore any limiting beliefs that may be creating blocks. What is serving you and what isn't?
- **Values** - What is meaningful and matters to you? Where do you spend time, energy, and money?
- **Environments** - What common day-to-day environments are you in? How are you impacted by them mentally, socially, emotionally, and spiritually?
- **Individual Standards** - What ideas, habits, and or lifestyle practices are you holding yourself accountable to?
- **Onboarding onto YDBG Balance Chart and Coaching** - An accountability application designed to help you in creating and sustaining you with healthy lifestyle habits.

\$3,000 investment

2.THE ALCHEMIST - Turning Lead Into Gold

9 Weeks | Weekly 1hr. Calls - texts, and phone calls as necessary

Ideal Person(s):

This individual is seeking a deeper dive into the realm of transformation. They are open and ready for higher standards of accountability and commitment to their personal development. This person(s) is seeking to be guided in being more effective in converting their behaviors into more empowering "A.R.T." (Actions, Relationships, Thoughts).

- This person is ready to take a bigger leap into their growth and evolution.
- The individual who has done some self-work already is seeking more guidance from a coach
- An overstressed, imbalanced, and uninspired healer, parent, and or leader of an organization or business.

Process

This is a deeper dive into personal transformation. A greater level of accountability and coaching is experienced at this level. The breakthroughs and shifts are unfolding quicker with the coaching client.

What we work on:

- **Personal Story** - What is the current state of your life? What's working and not working?
- **Beliefs** - We explore any limiting beliefs that may be creating blocks. What is serving you and what isn't?
- **Values** - What is meaningful and matters to you? Where do you spend time, energy, and money?
- **Environments** - What common day-to-day environments are you in? How are you impacted by them mentally, socially, emotionally, and spiritually?
- **Individual Standards** - What ideas, habits, and or lifestyle practices are you holding yourself accountable to?
- **Onboarding onto YDBG Balance Chart and Coaching** - An accountability application designed to help you in creating and sustaining you with healthy lifestyle habits.
- **Mission Statement** - Beginnings of Mission Statement Process. Early formations of a personal Mission Statement

\$4,500 investment

3. MASTER - Total Transformation - 12 Weeks

12 Weeks | Weekly 1hr. Calls - texts, and phone calls as necessary

Ideal Person(s):

This person(s) is ready to go all in! They're committed to creating a massive transformative change in all areas of their life. They are excited to really breaking out of their comfort zone to maximize their highest human potential.

- This person is ready for massive shifts and changes in their life. They are ready to take the full leap.
- An overstressed, imbalanced, and uninspired healer, parent, and or leader of an organization or business.

Process

Here, the highest standards of accountability and communication to maximize the breakthroughs and outcomes for the coaching client.

What we work on:

- **Personal Story** - What is the current state of your life? What's working and not working?
- **Beliefs** - We explore any limiting beliefs that may be creating blocks. What is serving you and what isn't?
- **Values** - What is meaningful and matters to you? Where do you spend time, energy, and money?
- **Environments** - What common day-to-day environments are you in? How are you impacted by them mentally, socially, emotionally, and spiritually?
- **Individual Standards** - What ideas, habits, and or lifestyle practices are you holding yourself accountable to?
- **Intimate Relationship Standards** (If applicable) - What intimate relationship practices can be applied to increase trust, authenticity, courage, and fulfillment in your core relationships?
- **Onboarding onto YDBG Balance Chart and Coaching** - An accountability application designed to help you in creating and sustaining you with healthy lifestyle habits.
- **Mission Statement** - A personal mission statement that aligns with your values, beliefs, and principles. This will act as your North Star for your life.
- **Supplementary Digital Coaching Content** - All of my digital coaching presentations applicable to your growth and development

\$7,000 investment

Alternative Coaching Options:

Mission Statement Process - 1 month plus = \$1500

A comprehensive process of creating a empowering personal mission statement

Begin With The End In Mind - Personal Life Standards - 1 month plus =\$1,000

Identify personal standards around your life: mental, emotional, physical, spiritual and social centers.

First Things First - Values, Goals, Roles - 1 month - \$500

Get clarity around what's important - Where do you spend your time, energy, and resources?