



Holistic Head To Toe
Empowered Wellness

Coaching Program and Package Pricing

Intake Session (90 min) – \$225

A wonderful first step in your transformation journey where we dive into the four body systems: mental, emotional, physical, and spiritual, and begin to gently uncover and discover your roadblocks and biggest needs. Prior to this session, you will fill out a detailed intake form to be used during the session.

30-Day Breakthrough – \$1,800

Looking for desired results *quickly*? Then this is your plan! The time to start building momentum is now. In the 30-day breakthrough, you will receive a total of 8 integrated coaching sessions with Jennifer, scheduled over a four-week period.

- **Week 1**
 - Session 1: 90-minute intake session where we excavate and discover to determine your biggest needs and challenges (all other sessions are one hour)
 - Session 2: Uncover limiting beliefs, harmful habits and patterns
- **Week 2**
 - Session 3: Begin using tools and techniques to work through limiting beliefs and core issues
 - Session 4: Continue tools and techniques to remove limiting beliefs and negative emotions
- **Week 3**
 - Session 5: Action planning/goal setting in the mental, emotional, physical and spiritual systems
 - Session 6: Action planning/goal setting in health/wellness, family/relationships, career/finances, self-development/spiritual
- **Week 4**
 - Session 7: Create your customized action plan toward balance in your priority areas
 - Session 8: Wrap-up and celebrate your commitment on this transformative journey!
- *Plus, receive...*
 - A weekly text or email check-in from Jennifer
 - 2x/week text-your-coach opportunities if you have questions, challenges, additional thoughts, etc.

Monthly Packages

Ideal for ongoing, focused, one-on-one support and accountability. Sessions occur via Zoom or telephone.

- **3 months - \$2,600**
 - Includes 12, 60-minute sessions
 - Weekly check-ins from Jennifer
 - Two weekly text-your-coach opportunities with questions, challenges, etc.
- **6 months - \$4,800**
 - Includes 24, 60-minute sessions
 - Weekly check-ins from Jennifer
 - Two weekly text-your-coach opportunities with questions, challenges, etc.
- **12 months (best value!) \$8,500**
 - Includes 48, 60-minute sessions
 - Four, 45-minute quarterly review sessions
 - Weekly check-ins from Jennifer
 - Up to four weekly text-your-coach opportunities with questions, challenges, etc.

Pricing continued...

Transform (group program) – \$599

This 8-week, self-discovery group program will guide you on a journey to clear blocks in every area of your life and obtain tools to create the life you desire.

Led by Jennifer, certified Integrated Wellness and Life Coach, participants will meet weekly on Zoom using the experiences and content in your own workbooks from the founder of Integrative Wellness Academy (IWA), Dr. Rachel Eva, who has transformed thousands of lives.

This program will help you overcome obstacles, cultivate balance and wholeness, and take actionable steps toward realizing your goals and dreams.

- **In 8 weeks, you will:**
 - Learn how to find balance in your mental, emotional, physical, and spiritual systems to achieve wholeness.
 - Clarify what you want for your life by tapping into your authentic self.
 - Learn to identify habits and patterns that are keeping you from living your best life.
 - Remove roadblocks and overcome past limitations.
 - Create an action plan to achieve the life you want.

Transform is a powerful program to help you to effectively do the work and journey to a life of purpose and deep satisfaction.

You CAN have it all. Your new life of balance and joy begins today! [Click HERE to join the waitlist](#) for my next 8 week **Transform** program. *Ask me about corporate discount programs.*

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Ready to take the next step in your transformation journey?

Click [here](#) to go directly to my calendar and schedule your free Discovery Call **or** to schedule your first session (Intake Session or 30-Day Breakthrough: Session 1)

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All sessions, packages and programs are non-refundable. All monthly packages must be used within 12 months from the date of the first session. Session cancellations and reschedules must be made within 24 hours from the session start time, otherwise there is a \$50 cancellation fee.

To make my coaching programs accessible to all individuals regardless of financial ability, I offer up to two sliding scale clients per month. Please reach out to me directly if this is a need you have and are committed to holistic wellness and life transformation: jennifer@HolisticHeadToToe.com or call me at 720-515-7768.