



Holistic Head To Toe
Empowered Wellness

Coaching Program and Package Pricing

Discovery Call (15 min) - FREE

Let's get to know each other and see if this is the right coaching for you!
Book your complimentary call at <https://calendly.com/jennifer-holistic-head-to-toe>

Intake Session (90 min) – \$175

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.

Jump Start – \$350 | \$550 | \$750 (pay what you can option)

Ready to take the leap and want **one-on-one coaching** to help you uncover blocks, remove negative thought patterns, change habits, discover core needs, and come up with an action plan that gets results? Let's Jump Start! This package contains three 90-minute sessions including the intake session (\$175 value).

Transform – \$199 | \$399 | \$599 (pay what you can option)

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 list](#) for my next 8 week **Transform** program.

Ready to Take the Next Step?

Click [here](#) to go directly to my calendar and schedule your free Discovery Call.
I can't wait to learn more about you!

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Everyone Deserves to Experience Wellness

I'm passionate about helping others and I believe that *everyone* deserves to experience wellness, therefore I offer a pay-what-you-can model for my **Transform** and **Jump Start** packages. Choose the price option that works for you. No matter how much you pay, you will get the same sessions as everyone else.

To help further this mission, **5% of all full-price packages/sessions purchased goes to our Empowered Wellness Fund** which is used to offer holistic coaching to those who have limited financial ability.

To make my holistic 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 **720-515-7768**.

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.