

## **Adding Value: Awaken With Ashley Life Coaching Fee Structure**

You decide how you want to be coached in a way that fits your budget!

- **Open Call-in Times:** \$50 for 30 minutes of quick coaching.
  - These are great for people on the go who need an objective ear to hear their issue and provide a quick positive/productive perspective on their situation. You can text 704.770.8214 with your name and email address to request the next available Open Call-in Time. Payment is due upon receipt and additional appointments will not be made until the service is paid for.
- **Unlimited Email/Text Only Coaching:** \$50/week or \$200/month
  - Email/Text Only Coaching is appropriate when a client may be trying to process lots of information and gets better results when they can go back over emails they have written themselves or been sent. This is also a great option for people who aren't great at setting consistent appointments, but may have time to sit and check emails and write a thoughtful response. You also have the option to have as many phone/video calls with me as you like for \$1/minute (ex. \$30 for 30 minutes). Payment for Email Only Coaching is collected via weekly or monthly (depending on your budget) before any coaching services are rendered.
- **Scheduled 1-to-1 calls:** \$100/hour, 1 hour per week, \$500 if you pay for 6 sessions in advanced (1 60-minute session free).
  - Personalized 1-to-1 sessions can take place in person, over the phone or over video conferencing (Skype or Zoom) and are scheduled one hour per week (frequency subject to change depending on need). Clients will be expected to complete personalized assignments to be agreed upon prior to the end of each session before the beginning of the next session. Payment for 1-to-1 Sessions is collected via Square Invoice Payments to your email address before any coaching services are rendered.
- **6-week 1-hour "Boot Camp" (Group Sessions, up to 6 people - Topics to be announced on the website):** \$360/person. Bring 3 friends and get yours free!

- Boot Camps are 6-week coaching groups for people who want results fast! Groups are limited to 5 participants and meet weekly by phone conference line for one hour. Through weekly assignments, class discussions, and Ashley's guidance, you will learn new strategies for making progress and maintaining your success. Daily email check-ins promote accountability and keep members motivated. Members support each other in their progress, sharing success stories and ideas. Sessions are recorded so if you miss a week you can listen later at your convenience. Payments for Boot Camps are collected before any coaching services are rendered.