

# Conscious Coaching Package Options

## Discovery & Initiation Package

A one month, intimate, personal deep dive into your current life condition with actionable initiative steps toward positive and affirmative transformation.

This package includes:

- 4 weekly sessions (1 hour each)
- 1 weekly email exchange (Q&A initiated by client)
- 1 custom designed guided meditation (based on developmental objectives)

**Package Investment: \$1,500 USD**



## Total Transformation Package

A three month comprehensive personal development plan that involves analyzing current life trajectory, activating dormant energy centers, and aligning internal and external purposes to foster holistic well-being and profound transformation. You will find balance and internal power that is limitless and applicable to every aspect of your life.

This package includes:

- 12 weekly sessions (1 hour each)
- 1 weekly email exchange (Q&A initiated by client)
- 3 custom designed guided meditations (based on developmental objectives and milestones)
- 1 thirty minute wrap up session to assess overall progress and personal next steps.

**BEST VALUE** Package Investment: \$4,250 (save \$250)

**Optional Payment Plan - 3 monthly installments of \$1,500**



All packages are custom designed for you to meet your individual needs, desires, and outcomes.

Alexis uses an intuitive and fluid approach during the coaching sessions, and will assist you in establishing an equally intuitive rhythm as we work together throughout the process of your transformation.

**1:1 Spiritual Life Coaching with Alexis Brooks**