



2020 Create Balance Integrative Life Coaching Prices

Coach's note:

Dear Potential Client,

We often don't think twice to spend sometimes what seems like hundreds and thousands of dollars on our children's activities (camps, sports, music, etc), or a temporary fix to a problem, like a day at the spa, or a quick weekend getaway, or maybe other material things like a new fancy car or even a house. Yes, those things are often much needed to create balance in our lives, and fulfill a happiness void. However, sometimes they are also mere distractions from facing our real problems. Worse, we sometimes end up spending hundreds of dollars on booze, drugs or medication without even blinking an eye, when in reality, we can become very capable and happy individuals without those harmful things. But somehow, when it comes to making lasting, more permanent changes that significantly improve our overall quality of life, every day of our life, we don't always seem to find the resources to spend on ourselves. If you are currently employed by a corporation, Create Balance services are under the umbrella of alternative health such as acupuncture or hypnotherapy or chiropractic care so they are covered under your Flexible or Health Spending Accounts. Let every year be a year of wellness from this point on. I encourage you to empower your growth mindset when deciding if any of our services will be worthwhile for you or someone you care about.

In Wellness and Love, Anna

1 Hour Complimentary "Are We the Right Fit?" session for all potential clients

A one hour meeting 1) in person at coffeehouse/library study room for individual local clients in the San Diego area or 2) online using Skype, Hangout, FaceTime for remote clients or 3) via good ol' fashioned phone. This is a question and answer meeting to get to know one another and see if our partnership is a good fit in order to continue with a coach-client relationship that will effectively meet with the client's needs.

Our Services

A Total Wellness Cleansing Package.....\$325

This package includes 3 hours of coaching time that will dig deep into the root causes of why you may not be achieving your goals. Based on what we find, you and your coach will create a Wellness Plan together just for you so that you can start taking action immediately towards a whole healthy way of living.

Ever wonder why so many people set new year's resolutions each year and then never follow through on them? It's because 1) we aren't always clear on what it is we really want to achieve and 2) when our body systems are not balanced and integrating well with each other, our goals can become too daunting at some point which causes us to give up. With this total wellness cleansing package, we will assess all 4 of your body systems (mental, physical, emotional and spiritual) so that you will be sure to understand and achieve long-lasting balance throughout your entire self. When we have a balanced and healthy whole self, we can make decisions with clarity, reach goals that seemed unreachable before, and experience life to its fullest.

Walk and Talk Wellness.....\$60/hour

What better way to get inspired and feel better than to exercise your mental and emotional systems while getting your blood pumping and body moving! This one hour session will consist of a 30-minute walk by the beach where you will release any toxins that are currently bothering you through talking (aka talk therapy) to your coach, followed by a 30-minute sit-down to come up with an action plan you can use immediately. So invigorating!

We also offer this service for a group of 2 persons (\$30 each) or 3 persons (\$20 each). Each person will have an equal amount of time with their coach. A small group setting allows us to be vulnerable which can be healing in itself. It also can stimulate new ideas and further support.

Single session.....\$120/hour

This one-hour session can start with a total wellness cleansing, and then dive into personal goals or life changing improvements that the client determines with the guidance of his/her coach. Or if client and coach together determine that all 4 of their body systems are already in balance, the session can start immediately working on the client's goals and needs for improving their current life situations. Local sessions can be conducted face-to-face at a private room at the library, local coffeehouses, the beach, public gardens, or any other suitable public location determined by both the client and coach. Remote sessions can be conducted using Skype (or other online face-to-face app) or via a phone call.

Included in this regular rate are "behind-the-scenes" coaching that happens as well: regular communications via phone or email, follow-up on action-items, research, support and feedback for the client.

We also offer this service for a group of 2 persons (\$60 each) or 3 persons (\$40 each). In group coaching, the coach will act as facilitator and guide, and each person will work

on their own wellness plan and goals individually.

6-session Package.....\$576

This package consists of 6 one-hour sessions at a 20% discounted rate.

Corporate Wellness.....\$1000-8000

We provide both individual employee coaching as well as customized training seminars for corporations that understand the tremendous benefits of corporate wellness. For one on one employee coaching, we offer part-time contracts. For training, a coach will work with you in designing customized education that will work for your organization's needs. For example, "Wellness in the Workplace", "Exercising Grit and a Growth Mindset", "How To Get Along With Everyone", "Empower the Individual, Empower the Team", "2 Critical Skills Every Organization Needs: Leadership and Relationship". Prices for education vary depending on length of seminar and number of attendees.

Motivational Speaking Events..... \$1000-5000

Our coaches are excellent motivators, speak from their own personal experiences and always from the heart. We will work with you to create a speech that's right for your audience.

****Referral Program****

If you refer a friend or family member to use any of our services, a \$25 gift card of your choice will be mailed to you. Also, your referral will automatically enjoy 15% off their first service purchased.