

Private Health Coaching with Certified Holistic Health Coach - Maria Patrick



ONE-ON-ONE HEALTH COACHING & NUTRITION COUNSELING

Hiring a Health Coach means you get personalized attention with a program customized to meet your needs and support you on your health journey. You tell me what project(s) you would like to work on - I create a program with nutritional and lifestyle recommendations to help you improve your health. We meet on Zoom at a time that works with your schedule. You have access to me in between meetings which means we work closely together. You are not alone! We are partners in your wellness program. The sooner you start, the sooner you will feel better!

Choose the Health Coaching Package that will work the best to meet your needs

INITIAL INTAKE/ASSESSMENT SESSION \$400 -

This includes the following: 1) a 90-minute initial intake/assessment session via Zoom; 2) Full health history review; 3) Lifestyle assessment; 4) Research, formulation and discussion of a customized 4-Phase Wellness Plan; 5) Recommendations in PDF format provided to you.

One-hour follow-up appointments (if desired) are \$125 each. ALL MEETINGS are held on Zoom and will be scheduled at mutually convenient days and times.

COACHING PACKAGES

FOUR-WEEK RESET PACKAGE \$600 - Choose this option if you would like to schedule the initial 90-minute health assessment session with me plus **three additional (1-hour) follow-up meetings**. This package also includes the customized 4-Phase Wellness Plan PDF, weekly check-ins via email and/or text, plus ongoing additional recommendations during the 4-week period. **Package regularly priced at \$800, discounted by 25% to \$600.**

TWELVE-WEEK WELLNESS JOURNEY \$900 - This package includes the initial 90-minute assessment and customized 4-Phase Health Plan PDF, plus **5 additional (1 hour) follow-up sessions**, one 15-minute check-in call per week, and ongoing support and additional recommendations via email and/or text during the 12-week period. **Regular package price is over \$1,200, discounted by 25% to \$900.**

VIP CONCIERGE MONTHLY COACHING PACKAGE - Initial cost \$1,000 plus \$375 per month thereafter - This option is for clients who want high-touch support, deeper transformation and their personal Health & Wellness Coach on "speed-dial". The package includes the initial 90 minute session and customized four-phase Wellness Plan, **plus 3 additional (1 hour) Zoom meetings in the 1st month and 3 per month thereafter**. This package also includes one 15-minute check-in phone call per week, weekly meal planning and recipe support, a (60-minute private) Qi Gong class via Zoom every month and priority VIP-support in between meetings and calls via text and/or email (with 24 hour max response time). **The additional months are regularly priced at \$635 per month - discounted by over 40% to \$375 per month. Purchase as many months as you would like. No minimum or maximum number of months required.**

	INITAL ASSESSMENT \$400	4-WEEK RESEET PACKAGE \$600	12-WEEK WELLNESS JOURNEY \$900	VIP CONCIERGE PACKAGE \$1000 (1st month) \$375 per add. month
90-MINUTE INITIAL APPOINTMENT				
ADDITIONAL 1 HOUR MEETINGS	\$125/hour	3	5	3 per month
HEALTH HISTORY REVIEW & LIFESTYLE ASSESSMENT				
4-PHASE WELLNESS PROGRAM (PDF)				
15-MINUTE CHECK IN CALL			1 per week	1 per week
ADDITIONAL TIPS & RECOMMENDATIONS				
EMAIL/TEXT SUPPORT		WEEKLY	ONGOING	24/7
WEEKLY RECIPES & GROCERY LIST				
1 HOUR PRIVATE QI GONG CLASS				1 per month