

Values-Based Personal Coaching Programmes

Seed

\$299*

- 2 intense 1.5 hr Coaching Sessions
- Guidance Through the Values Process
- Values eBook Series

2 Week Program

Grow

\$1,399*

- 1hr Kick Start Face-to-Face Session
- 45mn Weekly Video Call
- Values eBook Series
- Habit Change eBook

3 Month Program

Thrive

\$1,999*

- 1hr Kick Start Face-to-Face Session
- 1hr Fortnightly Video Call
- Values eBook Series
- Habit Change eBook
- Heart Rate Variability eBook

6 Month Program

