

## COACHING PACKAGES

### Premium Package

**Who this package is for:**

Sessions: 2/week, 45 minutes each

Duration: 12 weeks

This program is for entrepreneurs who are ready to take action and commit to creating and growing the business of their dreams. Typically clients within this program work twice weekly with Lauren, one session a week spent on action planning, goal setting and mindset training, and one session spent collaborating on content creation. Clients receive unlimited email and text support and work with Lauren to implement strategies and structures to ensure fast growth and success. Clients will receive 1:1 support with things like building a website, launching products, setting up advertising campaigns, etc.

By the end of twelve weeks, clients who participate fully in the program can expect to have:

- launched a profitable business!
- a clear direction and plan for action that will allow them to continue to grow their business and income
- a clear understanding of many emotional and mental blocks that have been holding them back
- a set of skills and structures in place to overcome these blocks and move forward developing their business
- an understanding of their strengths and what they want most out of their careers/businesses
- an inspired sense of direction
- a life of obtainable possibility inside their new business venture and mindset

**Price:** \$2400 upfront or 3 monthly payments of \$895 (CAD – package prices include tax)

### Essentials Package

**Who this package is for:**

Sessions: 1/week, 60 minutes each

Duration: 12 weeks

This program is for people who are in the beginning stages of designing their ideal business venture. A lot of clients in this program are still “ironing out” their ideas and the direction in which they want to head. Lauren works with these clients to create a clear plan that the client can feel excited about while developing a strategic action plan that breaks down your goals and desired time frame for success to make them achievable. 1:1 ongoing support in the form of weekly 60-minute coaching calls and unlimited text and email support creates accountability and the support you need to step out of your comfort zone and take action.

By the end of twelve weeks, clients who participate fully in the program can expect to have:

- launched their business!
- a clear direction and plan for action that will allow them to continue to grow their business and income
- a clear understanding of many emotional and mental blocks that have been holding them back
- a set of skills and structures in place to overcome these blocks and move forward developing their business
- an understanding of their strengths and what they want most out of their careers/businesses
- an inspired sense of direction
- a new-found level of confidence in your ability to take action and create results
- a life of obtainable possibility inside their new business venture

**Price:** \$1650 upfront or 3 monthly payments of \$600 (CAD)

## Jump-Start Package

### Who this package is for:

Sessions: 2X60 min. calls, 2 weeks apart

Duration: 2 weeks

This program is for those who are in the process of imagining a new life for themselves, but are not sure where to start. Coaching clients are provided with a collaborative process that allows them to develop their business idea, product or service, and put an effective structure in place to bring their idea to fruition. Together we work backwards from your desired outcomes (where do you want to be in 3 months, 6 months, and 1 year?) and design a strategic and customized 2-month action plan that will set you up powerfully to reach your goals. Jump-start coaching clients will participate in an initial 60-minute coaching call followed by a second 60-minute coaching call approximately 14 days later. Clients receive unlimited text and email support within the 14-day time frame.

By the end of two weeks, clients who participate fully in the program can expect to have:

- developed an idea of the business they wish to build
- a clear direction and plan for action that will allow them to continue to grow their business and income
- a sufficient understanding of many emotional and mental blocks that have been holding them back
- a set of skills and structures in place to overcome these blocks and move forward developing their business
- an understanding of their strengths and what they want most out of their careers/businesses
- an inspired sense of direction

**Price:** \$350 (CAD)