



Trauma-Informed Coaching Packages

Trauma-informed coaching requires time and structure to be effective. I recommend working together for a minimum of 4-6 months in order for maximum benefit. However, I offer 2- and 3-month packages in order to allow clients and myself to assess and modify of our work together as needed.

8-Week Coaching Package

US\$299

What's included:

- Access to NudgeCoach app* for duration of program
- 2 hours 1:1 coaching over the course of 8 weeks, scheduled at preference of the Client as:
 - 2 x 1-hr sessions
 - 1 x 1-hr; 2 x 30-minute sessions
 - 4 x 30-minute biweekly sessions
- Access to monthly office hours**
- Access to video, audio, and notes from all coaching session for >7 days following each session
- 1 weekly email or dm check-in at the initiative of Client

12-Week Coaching Package

US\$425

What's included:

- Access to NudgeCoach app* for duration of program
- 3 hours 1:1 coaching over the course of 12 weeks, scheduled at preference of the Client as:
 - 3 x 1-hr sessions
 - 2 x 1-hr + 2 x 30-minute sessions
 - 6 x 30-minute biweekly sessions
- Access to monthly office hours**
- Access to video, audio, and notes from all coaching session for >7 days following each session
- 1 weekly email or dm check-in at the initiative of Client

*The Nudge Coach app is used to share exercises, thoughts, and assessments with clients throughout our work together as well as provides digital community for all my current clients.
** I hold a minimum of one open office hour per month when any/all of my clients are invited to join me, meet others, ask me anything, etc.



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