

Stepping Stones: \$249**Initial consultation plus (3) ½-hr sessions**

In this once monthly collaboration with your coach, experience the clarity and satisfaction of thoughtful health and wellness planning. Discover the fulfillment in having a direction and in creating purpose to your wellbeing. You will celebrate the freedom in knowing change is possible.

**Wellness Seeker: \$328****Initial consultation plus (5) ½-hr sessions**

Unearth your motivation to succeed through biweekly collaborations with your coach. Beyond the clarity and direction you experience engaging in wellness coaching, biweekly sessions help you keep your highest values in the forefront of your mind often leading to greater progress in your wellness journey. You will celebrate your success toward becoming the healthier individual you desire.

**Authentic Discovery: \$560****Initial consultation plus (11) ½-hr sessions**

This is our most powerful program, where weekly dynamic conversations with your coach inspire and empower you to achieve more than you thought possible. The consistency of weekly meetings moves you forward with a strong focus and connection to your wellness commitments. This often results in a deeper experience of self-discovery in knowing the person you are and want to become. You will discover within your journey there are no failures, but only insights into the “How” of the change you desire.



**Below options require completion of a three-month package*

Crossroads Multi-Session*: \$160**Package of (4) ½-hr sessions**

Ideal to maintain your focus and motivation with sessions you can use at anytime.

Crossroads Single Session*: \$45**Single ½-hr session**

Ideal for a check-in to stay focused, or used as an additional session to your current three-month package.

****Please Call The Bond Wellness Center for Member Pricing**