



COACHING PROGRAM OPTIONS



FOUNDATIONS

LEVEL 1 PROGRAM

16 weeks

10 sessions



GROWTH

LEVEL 2 PROGRAM

34 weeks

18 sessions
+ 2 Bonus sessions*



EXPANSION

LEVEL 3 PROGRAM

52 weeks

28 sessions
+ 4 Bonus sessions*

Weeks 1-4: Weekly sessions
Weeks 5 onward: Bi-weekly sessions
All sessions one hour in length

** Bonus sessions can be used at any point during the coaching program.
48 hour notice required to book Bonus sessions*

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