

Managing Moments, 2 months*

- Free initial consultation (approx. 30 minutes)
- Six (6) one-hour sessions (may be combined if desired)
- 30 minute checkup
- Strategies for taming your time
- Tackling your bucket list
- Creating margin in your life
- Worksheets and life balance assessment
- Email support for duration of the coaching

Managing Moments Package is \$250 upfront or two monthly installments of \$150