

Mental Reboot: Ready, Reset, Go!, 3 months*

- Free initial consultation (approx. 30 minutes)
- Twelve (12) one-hour weekly sessions (may be combined if desired)
- Refresh and revitalize
- Develop your mental strength and make better decisions
- Strategies to optimize brain health
- Stress quotient and strategies
- Self-esteem and self-talk
- Email support for duration of the coaching

Reboot Package is \$499 upfront or three monthly installments of \$175