



**Free 30 minute  
coaching consultation  
(am I right for you and are  
you right for me?)**

**One 1-hour  
coaching session  
\$150.00**

**3 monthly coaching  
sessions  
\$475.00**

**Self Discovery Sessions  
rates start at \$75.00/for  
30 minutes  
(minimum of 2 sessions  
per month)**

**Next Steps:**

- **Review the coaching agreement information (below)**
- **Email your availability for the free 30 minute consultation.**
- **After consultation, if you'd like to proceed, choose your coaching package on the website.**

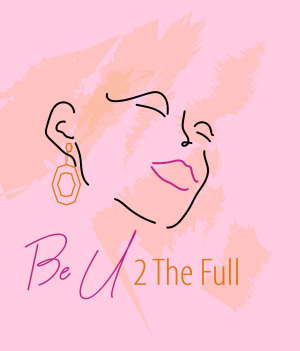
## *1:1 Coaching*

**Where intentional decisions and actions are made.**

**The answers come from within, the coach helps you through self-discovery.**



**Janice Thorne, Self Discovery Coach, Email: [jmariecoaching@gmail.com](mailto:jmariecoaching@gmail.com)**



## About Life Coaching

I understand that coaching is a form of leadership, psychology and intuitiveness.

I understand that through our sessions, we will be dealing with my present situation and your future. We will **NOT** delve into the past in a therapeutic manner.

I understand that my coach, **(Janice Thorne)**, is not a doctor and thus not able to give medical (mental or physical) advice from a medical stand point.

I understand that I may stop our coaching sessions at anytime, but that will not allow for a refund.

I understand that **(Janice Thorne)** is not responsible for the choices I make in **my** life, but as your coach is 100% available to compassionately guide me toward self discovery options.