

Example of Laurie's Coaching Packages:



Package One

INTENSIVE FOUR WEEKS
OF COACHING FOR ADHD

Four one-hour sessions of ADHD Coaching in person (Seattle, WA area), over the phone, or via Zoom on your chosen area. Sessions must be consecutive over four weeks.

Investment is \$977, a one-time upfront payment

\$977 USD

Package Two

THREE-MONTH
TRANSFORMATIONAL
COACHING PACKAGE

10 - 55-minute focused one-on-one coaching sessions in person (Seattle, WA area), over the phone, or via zoom to be used over 12 weeks

As needed, email check-ins for that additional level of support.

Subscription to the online Attitude Magazine and my monthly newsletter, New Perspectives (\$25 value)

PLUS: Key coaching assessments to fully identify critical areas of challenges and innate strengths essential to successful strategy building:

- *Life Balance Wheel for prioritizing and planning*
- *ADHD Assessment Wheel for understanding underlying ADHD challenges*
- *ACKTIVV Processing and Learning Style Assessment for discovering focus and remembering strategies*
- *VIA Strengths Finder*
- *Core Values Assessment for life balance*

*Investment: \$2300 upfront or \$828/mo.
(Reflects 8% financing fee)*

\$2300 USD

Package Three

ENHANCED ALL-INCLUSIVE 6-
MONTH TRANSFORMATIONAL
COACHING PACKAGE

16 hours of one-on-one coaching - 10 hours of focused one-on-one coaching in the first three months and then one-on-one coaching for the remainder of the program every other week. It can be done in person, over the phone, or in Zoom.

As needed, email check-ins for that additional level of support.

Subscription to the online Attitude Magazine and my monthly newsletter, New Perspectives (\$25 value)

PLUS: Key coaching assessments to fully identify critical areas of challenges and innate strengths essential to successful strategy building:

- *Life Balance Wheel for prioritizing and planning*
- *ADHD Assessment Wheel for understanding underlying ADHD challenges*
- *ACKTIVV Processing and Learning Style Assessment for discovering focus and remembering strategies*
- *VIA Strengths Finder*
- *Core Values Assessment for life balance*

PLUS: Complimentary access to key programs:

- *Complimentary access to Best Year Ever course (\$324 Value)*
- *Complimentary registration to Minimize the Madness ADHD Medications course (\$437 Value)*

\$3680 USD