



PURPOSE
BYANG
LIVE YOUR BEST LIFE

LIFE AND WELLNESS COACHING PACKAGES MANUAL

Enclosed you will find details
on the packages I offer for Life
and Wellness Coaching.
Packages are good for up to 30
days after date of receipt.

COACH ANG
228.243.4780

WWW.PURPOSEBYANG.COM

A Life and Wellness Coach provides guidance, support, encouragement and accountability to help you reach your goals.

I used six categories to help you find whole wellness: nutrition, exercise, personal time, self care, spiritual and career/education.

As your Life and Wellness Coach I will:

Help you map out a plan for reaching your goals

- Help you set three month goals
- Create weekly plans slowly implementing steps to reach those three month goals
- Provide expertise and guidance regarding goal setting/expectations

Hold you accountable for the plan

- The first week I will check in on you regularly
- We will have regular calls (frequency depends on your plan)
- I am available via text for any questions you may have
- I may check in on you sporadically throughout our time together

Support you and your goals

- I will be there to navigate and overcome the real life complications you may face on your plan
- We start out very slow and each week we add more according to your goals and your progress
- I am a text/phone call away to help walk you off the ledge when faced with a difficult temptation

Encourage and celebrate with you

- I am there to encourage you when you are feeling defeated
- We will rejoice in every win, big or small
- I am your go-to when you are proud of overcome a temptation
- I will be there to motivate you when you need a little boost/push

Packages have a three month requirement in order to assure success. The goal of the plan is for you to be able to sustain your new habits when you leave the plan. The "21 days to make a habit" cliché is a myth. Studies have shown that different people and activities take different amounts of time to solidify as a consistent habit. 90 days is often enough for clients to have created new healthy habits. Most clients benefit from 6-9 months of coaching. Once you pick a package you cannot downgrade. There are maintenance packages available for those who need less coaching and want to maintain support after their initial 90 days.

Each monthly payment is good for thirty days starting the agreed upon first day of program; Each 3-month payment is good for 90 days starting the agreed upon first day of program. It is up to the client to ensure they utilize all of the benefits provided within the package. Package is a three-month commitment from the start date of coaching set by you and Coach Ang and ending 90 days later. Payment is due on the anniversary of your start date each month unless paid in full. Renewal rates are available for continuing coaching after the 90 day commitment. Renewal must begin no later than 30 days after the 90th day of your initial coaching package to receive discounted renewal rates.

Package 1

- Map out plan to reach various goals set by you and I
- Twice a week Health Coaching Session
(Two 30 min sessions a week)
- Available for questions/accountability
(Two 15 min text sessions weekly)

\$360/mo per month for three months or \$850 for three months

Package 2

- Map out plan to reach various goals set by you and I
- Weekly Coaching Session (One 30 min phone session a week)
- Available for questions/accountability
(one 15 min text session a week)
- Consistent support, encouragement and accountability

\$225/mo per month for three months or \$550 for three months

Group Options

Couple's Coaching (two people together)

25% additional

Couple's Package (two people coached separately)

50% additional

Packages available on request:

Corporate, Family, Children's, Young Adult and Women's Group