



REDEFINING YOU COACHING IN AUSTIN

Coaching Style: My holistic, [weight-inclusive](#) approach to health and wellness will keep you in the driver's seat of your life instead of dictating another set of rules for you to follow. Like a GPS, I will be there to guide you, but only you can decide where you want to go and how you're going to get there.

The focus of these sessions is not about losing weight or changing your body. Instead, the focus is to help you reconnect with your body through strength training in a supportive environment where all bodies can feel safe and welcome. In addition, you will receive coaching calls with me and unlimited email support to do the work of unlearning diet culture and developing more trust around food and your body.

Location: Coaching sessions take place at my private, fully-equipped studio in the Mueller neighborhood (address will be provided upon sign up), known as [The Glitter Factory](#). Unlike at a commercial gym, you won't have to worry about stares or judgment from other people, and you won't be distracted by wall-to-wall mirrors. You can also play your own music if you'd like.

Availability: In-person coaching is a premium service, so I work with only a select number of clients in this capacity. Coaching sessions take place on Tuesdays, Wednesdays, and Thursdays between the hours of 12:00 PM and 7:30 PM. I do schedule make-up sessions and one-off sessions as needed outside of those hours, but not standing weekly appointments.

Includes:

- **Thorough initial health and wellness questionnaire and assessment** so I can tailor your plan to your individual wants and needs.
- **45-minute exercise coaching sessions** with me to help you step into your power and reconnect with your body (usually based in strength training).
- **45-minute coaching calls outside of sessions** to work on your relationship with food and your body. Depending on your individual needs, this may include intuitive eating coaching and mindset/body image coaching to help

you develop self-care, self-confidence, self-compassion, and make sure we're addressing *all* areas of your health, not just physical health.

- **Access to my coaching software on both your computer and phone**, which includes a schedule of all coaching events and assignments, your exercise programming (complete with videos and written descriptions), educational materials, and progress-tracking tools.
- **Unlimited email support.**
- **Automated monthly billing via Paypal** using subscription-style pricing that stays the same every month.

Pricing:

For one coaching session/week + up to one 45-minute coaching call per billing cycle:

- \$549/month
- 3-month minimum commitment

For 2 coaching sessions/week + up to two 45-minute coaching calls per billing cycle:

- \$999/month
- 3-month minimum commitment

Single Coaching Session: If you're visiting the area and want to fit in a workout with me at The Glitter Factory, or if you just want to fine-tune your form, single coaching sessions are also available for \$120/session.

Partner Discount: If you'd like to train together with another person, I offer a discount for shared coaching sessions. Contact me for details.

Hybrid Coaching: If you can't commit to meeting weekly, but you'd like to have 1 or 2 sessions per month, I can create a hybrid coaching package for you that is a mix of in-person and remote coaching. Contact me for details.