

When you are physically and intellectually fit opportunities become more abundant and choices are effortless and strong.

Define Yourself coaching aims to touch your spirit, rekindle what really matters, and encourage change and motion.

Define your reach, stretch a bit. Pick the plan that fits you best.

Peak Performance*

Designed to keep you focused, enthused, fueled up, and moving .

One 20 minute intake session, first month

Three 20-minute telephone sessions per month

One 20-minute review session every third month

Unlimited telephone calls

Unlimited e-mails

Bi- monthly Define Yourself coaching newsletter

Unlimited access to “client resources”.

Monthly financial investment: \$150

Vital Force*

Boost and ignite your vitality

Two scheduled 20-minute telephone sessions per month

One 20-minute review session every third month

Unlimited telephone calls

Unlimited e-mails

Bi- monthly Define Yourself coaching newsletter

Unlimited access to “client resources”.

Monthly financial investment: \$90

Vitality Tweak*

Keep the spirit alive.

One scheduled 20-minute telephone session per month for individuals that have already taken Peak Performance or Vital Force.

Monthly financial investment: \$30

*All sessions have a three-month minimum commitment and are paid upfront.

Coaching sessions may be tax deductible.