

Lifestyle Consultations

Designed to empower you with the tools and techniques needed to succeed in living your Ultimate Lifestyle. These one-on-one sessions will inspire, motivate and encourage you to be true to yourself and design the life you want to live. Your journey of self-discovery will teach you practical and sustainable methods that can be implemented into your life, to gain clarity about who you really are and what you want, and how to make positive changes.

Your journey will focus on key elements that make up the foundation of you.

- Discover who you are
- Discover your “why”
- Discover your talents and passions
 - Create your vision
 - Clarify your goals
- Understand limiting beliefs
 - Achieve success
- Achieve your Ultimate Lifestyle

Lifestyle Consultations are tailor made to focus on the specific areas in your life, that you feel need improvement. These sessions may be confronting, so I ask that you be truly honest with yourself, challenge your usual way of thinking, and allow yourself to step out of your comfort zone. I will be supporting you throughout your journey, every step of the way.

Initial Lifestyle Consultation

90 minutes \$110.00

Lifestyle Consultation

60 minutes \$80.00

Lifestyle Consultation

12 session pack \$840.00