

List of Services

One on One Coaching Services- This is a private one on one session that can be recorded for the purposes of learning about behavior, goals and basically getting down to the "Knitty gritty".

Minimum of 3 sessions required at a rate of \$120.00 per hour Reduced Rates Available Upon Approval

Group Conference Call Coaching Services- Join us 2nd, 3rd and 4th Monday's at 7PM EST for group coaching calls. Check our website for monthly subjects. Or create your own. Don't see a monthly coaching service offered?

Your group creates the subject and Strike A Balance Life Designs determines if your subject correlates with our level of expertise.

Cost \$46.00 per month per participant - Maximum per group 10

See www.mylifecompass/shirletea for group coaching conference calls schedule with Compass Life Designs and pricing.

Created Group Coaching (In person) - Are you a member of a mothers group or do you have a group of friends that could benefit coaching? You provide the space and we provide the services. Subjects and goals (in conjunction with the coach) are set by the group. Homework assignments are given and a reward system set up. Services are provided within a 60 mile radius from Grand Blanc, MI

Cost \$60.00 per hour - Maximum 15 participants per group

Fitness Training - Let life coaching and fitness training work for you. Let's get down to why your treadmill is the latest place to hang your clothing and why your DVDS are collecting dust. This is not your ordinary fitness training program.

We customize a program tailored to meet your unique needs. How do we do this? We provide training for the equipment you already own and create customer solutions by using other home equipment, assist with troubleshooting for self-motivation, advancement and time management. First over the phone consultation is free.

One on One package of three -1 hour sessions \$150.00

Groups of 3-4 (Three-1 hour session) \$140.00

Groups of 5 or more (Three- 1 hour session) \$125.00 Max 6