



COACHING PACKAGES AND PRICING FOR 2025

Hello and welcome to Journey Muse Counselling and Life Coaching

I would love to support you with navigating your next steps!

I have 2 coaching packages that help to keep your cost down and give you the time and support around moving forward at your own pace.

The first one is very popular with people who are just beginning their journey and want to get a sense of what life coaching with me looks like. It consists of 5 one hour sessions at 155.00 per hour (\$775 in total)

The second package is 10 one hour sessions at \$150.00 per hour (\$1500 in total). It allows us to unpack what is happening in your experience. We will begin the coaching process by creating awareness of and addressing obstacles such as beliefs and non serving scripts that continue to come up for you. Together we will explore and discover more productive approaches that will assist you with successfully and joyfully moving forward in your life.

Of course we can also have an initial one hour session if that is what you would prefer. The cost for individual sessions of one hour is \$160 per hour.

When you decide what package is a fit for you I will invoice you for the total amount before our first session and payment can be made with an e-transfer.

I look forward to hearing from you soon,
Wendy Travis, BSW, ExAT, CCYC, ICF