

SERVICES & PACKAGES



Schedule a session
or free discovery
call.
Get inspired.

[ENGAGE](#)

PONDHR SERVICES

Pondhr this...Are you ready for a change and excited to do so?

As Pondhr's Life Strategist, I encourage and inspire people along life's journey. Partnering with you to help navigate the pressures and challenges, that we all face, and emerge victorious. **I help my clients sidestep the expectations our culture places on us and provide them with the perspectives and tools they need to become something much better, themselves!**

The life coach/client relationship is a creative partnership which seeks to:

- **Develop a positive awareness** - see yourself and your life more accurately
- **Create a vision and roadmap to a better you** - ease efforts to get to your destination
- **Emotional cleanse** - replace toxic thoughts and feelings with ones that allow for healing and growth.
- **Foster meaningful engagements** - improve intimate relationships
- **Improve confidence and courage** - reduce your anxieties
- **Provide accountability and support** - increase successes in reaching your life's goals
- **Revisit, reevaluate and recalibrate life** - open life's fullest possibilities

START WITH A FREE 20 MINUTE DISCOVERY CALL

SELF- DISCOVERY SESSION - Figuring out where to Start: \$110 private session

Let's find the inspiration that's inside you! Open the floodgate of possibilities and explore what's next for you.

One hour session - Experience the first step, designed to give you clarity into who you ultimately want to be and help put you on the path to get you there.

SPECIAL PACKAGES

Each packages is designed for different season of life and to rejuvenate you, your relationships and propel you forward in new and exciting ways. The greatest gift you can give is the investment in yourself.

DISCOVERY PACKAGE - Personal Awareness - three sessions: \$300

Take a look at yourself, improve your confidence and discover the “Real You” that is yearning to break free.

Identify your internal blueprint and develop and clearer picture of yourself. You will find this inspiring, when you begin to unlock your true potential, realizing the limitations that society and yourself have placed on you.

- Self-Discovery
- Personality Tune-up
- Emotional Detox

SCULPTING PACKAGE - Personal Relationships - three sessions: \$300

Improve your personal engagements and relationships, in giving away an amazing you.

Realize the possibilities of how great relationships can be as you strengthen authentic connections with the people you truly care about. Improve your confidence and minimize stress as you engage with people more easily. Giving away a better version of yourself will ultimately enhance all your interactions in both your personal and professional life.

- Self-Discovery
- Redefining Expectations
- Relationship Enhancement

JOURNEY PACKAGE - Finding Your Own Way - three sessions: \$300

Ever feel that life’s GPS needs a little recalibration? Let’s find your internal sense of direction.

Going through a major life transition and looking to be inspired in your next steps? Let’s figure out where you are, where you want to be and obstacles, real or perceived, standing in your way. Then we can develop a roadmap to get you there.

- Self-Discovery
- Courage Tune-up
- Life Mapping

SURVIVING THE SEATTLE FREEZE WORKSHOP – Connecting in Seattle - three sessions: \$300

Whether you are new to the area or simply finding connecting in with others a challenge?

- Self-Discovery
- Personality Tune-up
- Engagement Enhancement

ENGAGE