

Building Regulation Hybrid Coaching Details

What is it: 12-week Building Regulation Hybrid Coaching is designed to support you in building self-regulation skills and learning tools to cope with stress and mindset blocks. This Hybrid program is a safe place to express needs and concerns to receive help and support as you change behavior or mindset patterns. This Hybrid program was created to support you in gaining self-regulation skills and eliminating negative self-talk to build confidence in yourself and your skills.

Who is this for: You want to end toxic patterns of avoidance and control. One “Bad” Conversation or argument ruins your whole day. You are avoiding tough but needed conversations with close friends, family, or your partner. You don’t understand why you feel so emotional. Your current skills of dealing with something aren’t working anymore.

Investment is 2,000 dollars with a Payment Plan available upon request.

Early Bird Pricing: (April 1- May 31st) \$1500 with 12-month Payment Plans and 2 Additional Coaching Sessions with longer support.

Program Includes:

- (3) 60-minute One-on-One Call (Virtual/ in Person) Coaching Session to (1) create Goals and objectives for needs (2) Sessions to work on mindset Blocks, Timeline activity to support skill development & Improved confidence, Self Worth and Self Love. (5 1on1 Calls for Presale Enrollees)
- (6) 60 Minute Weekly Group Calls
- Virtual Workbook to support Goals and Tasks, Tracking and Resources.
- Voxer Group & 1-on-1 Chat to support Encouragement, Accountability, and Solutions!
- The Regulation Lab Modules to include tools for Breath, Body and Mindset as well as journal prompts for Money Mindset, Boundaries, and Beliefs. Access for a Lifetime.

6-week group Beginning from August or September (Dates TBD)

- One (1on1) 60-minute meeting before the Group starts to complete goals for skill growth.
- 6 weekly virtual group calls (same Zoom link each time)
- Virtual ebook to support in creating goals, adjusting objectives and tracking your progress with other resources attached
- Group/ Individual Voxer and email Support for the full 12-week process (Longer for Presale Enrollees)
- BMS Library and The Regulation Lab Tools (TRL for Lifetime, BMS for full length of program or Payment Plan)
- 3 (or 5 with Presale) One-on-One Sessions (in office or virtual) These Sessions can start once payment is received, but must be completed by September 5th.