

# CRYSTALRENAUD.COM *Coaching Plans*

## SESSION TO SESSION - \$50

The session to session plan is designed for anyone ready to begin coaching for a specific area of focus.

Plan includes one 45-minute session at a time and can be renewed at any time. Four sessions are recommended, but ultimately that is up to you!

## REAL LIFE FLEX PLAN - \$325

The real life flex plan is designed for anyone with busy schedules and/or who want to dig deeper in one or more areas of focus. This is also a great option for those who desire coaching but who need more help to identify and streamline their goals.

Plan includes five 45-minute sessions and meet for coaching when it is most convenient for you. Must use all sessions within 6 months of signing up.

## RECOVERY PROGRAMS

The recovery coaching programs are designed for women struggling with pornography, sexual, or relationship addiction. Experience weekly homework and bi-weekly sessions with 10, 12, or 21 week recovery curriculums. Includes a sexual addiction assessment.

INTRODUCTORY (10 WEEKS)	\$500
INTERMEDIATE (12 WEEKS)	\$600
INTENSIVE (21 WEEKS)	\$1,000

Payment plans available.

## CONSULTATION - \$0

Is coaching right for you? Let's find out. Schedule a time to meet one-on-one in person, by phone, or online to have your questions answered.

Your free consultation includes a pre-coaching assessment and a complimentary 15-minute session.

# CRYSTALRENAUD.COM: *Coaching Types*

## LIFE COACHING

General Life Coaching for women includes issues related to:

- Change in Specific Areas of Life
- Navigating Life & Career Transitions
- Transitioning Out of Counseling/Therapy
- Feeling Stuck About Next Steps
- Lack of Accountability
- Grief or Difficult Circumstances
- Turning Challenges into Opportunities
- Exploring Purpose & Achieving Goals
- Setting & Keeping Boundaries
- Leaps of Faith
- And More...

## FAITH & RECOVERY COACHING

Faith & Recovery Coaching for women includes issues related to:

- Addictions (porn, sex, or relationship)
- Co-dependent Relationships
- Destructive Thought Patterns
- Negative Behaviors
- Crisis of Faith
- Issues Related to Relationships
- Transitioning from Therapy
- Lack of Accountability
- Grief or Difficult Circumstances
- Setting & Keeping Boundaries
- And More...

## PROFESSIONAL LIFE COACHING

Coaching for professional women includes issues related to:

- Lack of Balance
- Disorganization
- Lack of Accountability
- Turning Challenges into Opportunities
- Exploring Purpose & Achieving Goals
- Dissatisfaction with Career
- Career Transitions
- Relational Conflicts
- Leaps of Faith
- Learning from Failures
- And More...

## CHURCH/MINISTRY COACHING

Many times it is church or ministry leaders who experience seasons of loneliness, uncertainty, and crisis of faith. Coaching for church or ministry leaders includes:

- Staff & Leadership Consulting
- Encouragement and Advocacy
- Brainstorming and Visioncasting
- Assistance with Balancing Life and Work
- Insight about Women's Issues including Sexual Addiction & Emotional Disorders
- Turn Challenges into Opportunities
- Marketing/Communications
- And More...