



# 1:1 Online Coaching Services with Ellie



Saying YES to true transformation starts with you! Work with me in a group setting or one on one with specific goals in areas such as weight loss, smoking, mindset shift, manifesting, & personal and professional development inside the app!

## Single Coaching Session

- Consultation
- Single 1:1 session with personalized hypnosis
- Goal Setting Workbook
- Free 30 day access to Tools for Transformation Community App
- Free support and wellness offering inside the app.

\$250

\*Monthly Payment Plans are available!

## Subscriptions & Courses

Join my online community and you get:

- Weekly Somatic Yoga Classes Themed Around Nervous System Regulation, & Self Development
- Tools for Transformation Library Packed Full of Meditations, Hypnosis, NLP, Visuals and More!
- Monthly Tools for Transformation Book Club
- Monthly Community Coffee/Tea Call

Starting at  
\$12 a month



## More about Subscriptions & Courses

- No commitment required you can cancel your subscription to our app easy peasy
- Contact Ellie at 317-828-6385 or [chatwithellieb@gmail.com](mailto:chatwithellieb@gmail.com)
- You must create your account and complete your subscription on a desktop computer; then download our app
- Check out and learn more about all my courses in the app!



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## 6 month coaching package

- 12 1:1 Sessions with personal hypnosis
- 6 calls (30 minute check-ins)
- 6 email checkins
- Weekly workbook
- Free access to Tools for Transformation Community App
- Free support and wellness offering inside the app.

\$3500

\*Monthly Payment Plans are available!

## 4 month coaching package

- 8 1:1 Sessions with personal hypnosis
- 4 calls (30 minute check-ins)
- 4 email checkins
- Weekly workbook
- Free access to Tools for Transformation Community App
- Free support and wellness offering inside the app.

\$2500

\*Monthly Payment Plans are available!

## 2 month coaching package

- 4 1:1 Sessions with personal hypnosis
- 2 calls (30 minute check-ins)
- 2 email checkins
- Weekly workbook
- Free access to Tools for Transformation Community App
- Free support and wellness offering inside the app.

\$1500

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