



STRATEGY CALLS

I offer strategy calls for individuals and fellow coaches. If you're looking for guidance about your fitness and wellness that you can implement on your own, a strategy call with me might be the right fit. We can talk about exercise, nutrition, intuitive eating, body image, and pretty much anything else you're struggling with.

For fellow coaches, I'm available to discuss business strategy, how to transition your business to a [weight-inclusive](#), body-positive model, how to best serve your clients, and more.

Once we have agreed to a call together, you will schedule your call through my online scheduler. Prior to our strategy call, you will fill out a questionnaire to let me know what you're hoping to gain from the call. I will then use the information from the questionnaire to create an outline for our call and gather any resources that may be helpful for you in advance.

On the date of our call, I will call you at the time you have signed up for. We will work together to come up with a plan of action for you. Our call will last no longer than 60 minutes. After our scheduled call takes place, I will follow up by email with an outline of what we discussed and any recommended next steps for you.

Price

\$150