

INSIDE LILLIAN ROAD COACHING MEMBERSHIP

\$800

Completely confidential, discrete sessions

- First session is a 45 minute **video** session. We will understand your history and establish goals.
- Subsequent sessions are 25 minute **phone** sessions.
- Each month you have access to five total 25 minute sessions. These are your responsibility to schedule and attend. Morning, evening, and weekend availability.

Unlimited email, text, or USPS support Monday-Friday business hours

- Ask questions.
- Continue processing.
- Achieve a dialogue flow outside of sessions.
- USPS option available for those who wish to uphold ultimate privacy and reduce a digital papertrail, letters will be shredded.

Weekly resources

- Includes 1 growth / healing topic of the week to aid clients on their actualization journey, we are life-long learners. This may include videos, podcasts, pdfs.